Dust drawne to th'life: yet dull and shortly dead
Shall live. Death's slaine by death, Christ in my stead
Did for me. Deare Lord I love flames: my flesh & mind;
In thee do hope eternall life to find.
My flesh, my soul, my all I owe to thee,
Thy Wounds are health, thy stripes are balm to mee.

TD

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TD

Sarah A Underwood

A TREATISE

Concerning

The Lord's Supper:

WITH

THREE DIALOGUES

For the more full Information of the Weak, in the NATURE and USE of this

SACRAMENT.

By *THO. DOOLITTLE.*

The Twentieth Edition.

1 Cor. 11. 24.

This do in Remembrance of Me.

LONDON:

Printed for *Ralph Simpson*, at the *Harp* in St. *Paul's* Church-yard, 1700.

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Sarah Underwood 1699
her Booke
Stephen Hussey
1833.

THE EPISTLE TO THE READER.

Christian Reader,

TO get assurance of the Love of God and Eternal Life, should be thy Great Work and Business in this World, else how canst thou die with Comfort, whilst thou art doubting, whether thy departing Soul shall be damned or saved? Live with God or Devils eternally? If when thou must bid Farewel to all things in this World for ever, and enter into an unchangeable, ever-

laſting ſtate of joy or torments in another World, thou knoweſt not which muſt be thy Portion: What then can all thy Friends do for thee? What Comfort can thy Riches, Honours, bring into thy Heart at ſuch a time as this, when thou haſt not ſecured thy Eternal Happineſs?

For this end God hath given to fallen Man his Word, whereby he might underſtand his Miſery, *and how he came into it; the* Remedy, *and how he might get out of it; by making known the conditions and terms, upon which he is freely willing to receive ſinners into his love and favour, and confer upon them Goſpel-Privileges here, and Eternal Glorious Life hereafter, and hath ſet to his Seal, for a firm conveyance of theſe great Eternal Bleſſings, upon ſuch reaſonable, free, and holy terms, as are propounded in the Goſpel.*

But after ſuch Love and Grace of God to Man appeared, for his Happineſs *and* Comfort *how great an Enemy is Man unto his real happineſs, and well-*

grounded

grounded comfort! One to his Happineſs, when he will not come up to the terms of this Salvation: Another to his comfort, when he hath conſented to, and accepted of the Conditions thereof, neglects the ratifying Seal of the Covenant of Grace: A third to both, while he increaſeth his ſin, and falſe deluding comforts, by a prepoſterous coming for the Seal, before he hath performed the conditions of this Covenant.

And indeed, the long abſence of ſome Believers *from, and the careleſs haſting of* all ungodly *to, the Supper of the Lord, is much to be lamented. The former being ſtreightly charged by the Lord,* to do this in remembrance of *him, yet will not: The latter threatned with Damnation if they do, yet will. The former, whom God hath habitually prepared for it, and it for them, and yet will not come, are in danger of being cut off, becauſe they do not,* Numb. 9. 13. *The latter being neither prepared for it, nor it*

for them (while ſuch) are in danger of being cut down by Death, becauſe they do, 1 Cor. 11. 30. *The one neglect this means of their Spiritual growth; and ſlight the love, and forget the words of their dying Lord, as though they could trive in Grace, while they do neglect their Spiritual Food: The other neglecting the means of their Spiritual Birth, forget the words of the Apoſtle,* Let a man examine himſelf, and ſo let him eat of that Bread, and drink of that Cup: *As though food converted into Poiſon, could make a dead Man alive. The one dare not omit to pray, and lead a Holy Life, and yet will not come to waſh their Hearts; the other will not pray, nor lead a holy life, and yet will come to embrue their hands in the Blood of Chriſt. Such is the unthankfulneſs of ſome, that ſhould, but do not; and the wickedneſs of ſome that do, but ſhould not come unto this Goſpel-Feaſt.*

Now, to prevent theſe two great evils for the time to come, (as it might

proue

prove at leaſt, I hope to ſome that might peruſe this little Treatiſe) in which ſomething is ſaid to provoke the one to their duty, and deter the other from their ſin and danger.

And becauſe the beſt are too ſlight in their Preparation for, and the weak unskilful in, and all in ſome meaſure come ſhort of living ſuitably to the Sacrament, ſomething is contained herein, to excite thy ſlothful heart to greater ſeriouſneſs and diligence in Preparation before thou comeſt, and how it ſhould be done; ſomething for direction, how thou ſhouldeſt behave thy ſelf when thou art there, and the manner how particular Graces are to be acted, for the better improving of this Ordinance, and ſomething to direct thee what thou art to do when thou comeſt from thence; how thou mighteſt know, whether thou art the better or the worſe, and what thou art to do, which of either be thy caſe. To which are annexed three Dialogues concerning the Lord's Supper, for the help of thoſe that are the weaker ſort

of Chriſtians, that do deſire to partake thereof. The firſt, between a Miniſter and a private Chriſtian, that deſires to partake of the Lord's Supper. The ſecond, between a weak Believer, that dares not come to, and a ſtrong Believer, that dares not abſent himſelf from the Lord's Supper. The third, between one Believer that hath Aſſurance, and another that hath hopes, and another that is under doubtings of the love of God, and of good by the Sacrament, as they come away from the Lord's Table. In all which, if thou findeſt any thing profitable to thy Soul, and tending to promote the Work of Grace wrought in thy Heart, and thy fitneſs for, and to help thee in this Duty, give God the Glory; but where thou findeſt any thing that ſavoureth of the weakneſs of the Author, do not cenſure, but pray for him, who is willing, according to his own Talent he hath received from the Lord, to further thee in thy way to Heaven and Eternal Life,

Tho. Doolittle.

Sarah Underwood her Booke 1699

OF THE LORD's SUPPER.

1 Cor. 11. 23, 24, 25, &c.

The Lord Jesus, the same night in which he was betrayed, took bread:

And when he had given thanks, he brake it, and said, Take, Eat, this is my Body which is broken for you; this do in remembrance of me.

After the same manner also he took the Cup, when he had supped, saying, This Cup is the New Testament in my Blood; this do ye, as oft as ye drink it, in remembrance of me, &c.

CHAP. I.

Containing the Explication of the Text, and the general Conclusion handled in this Treatise.

THE Riches of the Goodness and Love of God were exceeding abundant towards Man in his first Creation, when God brought him out of the state of nothing, and advanced him to the excellency of the Humane Nature, capable

capable not only of ruling his fellow Creatures in this World, but of knowing and converſing with his Lord Creator, who was graciouſly pleaſed to condeſcend to enter into Covenant with his *then* innocent Creature, that upon condition of his perfect obeying the Will of his Maker, (which he had then power to perform) he ſhould continue in that ſtate of Happineſs. But great were the Riches of his Mercy to Man fallen from ſo great happineſs to ſo great miſery, in making a Covenant of Grace, eſtabliſhing it in the Blood of his Son, adding his Oath, annexing his Seals for the confirmation of our Faith, that we ſhould upon condition of believing, be Partakers of the great and glorious Privileges purchaſed by Chriſt, promiſed in the Scripture, ſealed in this Sacrament; concerning which the Apoſtle ſpends the latter part of this Chapter, 1. In reproving the *Corinthians* for their abuſe and profanation thereof: In that ſome that were contentious, and ſome that were vicious, even when they were drunken did approach thereto; who degrading themſelves below the rank of Men, could not then well act their Reaſon when they ſhould have acted Faith and Love, and other Graces. It is an hainous ſin, that thoſe that are reeling in the ſtreet ſhould be ſeen kneeling at the Sacrament. 2. In reducing them to the Primitive Inſtitution, in which there is obſervable,

1. The *Author* of this Ordinance, the Lord Jeſus Chriſt, he alone hath Power and Authority for the appointing of Ordinances in his Church, and for the Inſtituting of ſignificant Sacramental Signs. He is the King and Prophet of his Church, and hath not left it to his Officers, at their will and pleaſure to introduce any thing that is a part of

of holy Worſhip; for Chriſt was neither ſhort in wiſdom, that he could not, nor in goodneſs, that he would not appoint whatſoever was ſufficient for the Edifying of his Church, and the Comfort of his People: *Moſes* was admoniſhed of God when he was about to make the Tabernacle, that he ſhould make all things according to the Pattern ſhewed to him in the Mount, *Heb.* 8. 5. *Exod.* 25. 40. And *Paul* delivered nothing but what he had received of the Lord.

2. The *Time* when this Ordinance was appointed by our *Lord Jeſus*, that ſame Night in which he was betrayed, when he was ſo near unto his death, and knew all that was to be done to him, and ſuffered by him; whereby you might perceive the greatneſs of the Love of your dying Lord, that when he was ſo full of Sorrow, he made proviſion for your Comfort; and the excellency of this Sacrament, that had its Original from Chriſt, when he was ſo near his end, that ſhould be for the maintaining of his Peoples Spiritual Life, which was ordained by him, *now* drawing near to death. Great and weighty things take up the thoughts of wiſe and ſerious dying Men; that ſure is great and weighty which our dying Lord ordained at ſuch a time as this.

3. The external *Elements* and *Signs*, Bread and Wine. In Sacraments there is ſomething ſeen, and ſomething underſtood; ſomething perceived by Senſe, and ſomething apprehended by Faith. Sacraments are Glaſſes for our Underſtanding, and Monuments for our Memories, that by mean and viſible ſigns, we might perceive and call to mind ſublime and inviſible things. Here is Bread, even Bread of Life, to fill the hungry Soul, and Wine to ſatisfie the thirſty, and to chear the drooping Soul.

4. The

4. The Sacramental *Actions*, 1. Of Christ, He took the Bread, and bleſſed it, and brake it: He took the Cup, and bleſſed it; and did diſtribute both. 2. Of the Receivers, who are to take and eat, to take and drink; Chriſt is the Giver, Chriſt is the Gift: And what Chriſt in love doth give, Believers with joy and thankfulneſs ſhould receive.

5. *The Explication* of this Myſtery. *This is my Body: This Cup is the New Teſtament in my Blood:* The Bread was not turned into Chriſt's real Body, nor the Wine into his Blood: For, did the Diſciples eat Chriſt's real Body, when he was with them at the Table? Or did they drink his real Blood, which then was in his Veins, and in his Body, and not in the Cup? Or did they not then ſee that Chriſt's real Body and Blood was really diſtinct from the Bread and Wine? And did they not ſee it was real Bread, and taſte it was real Bread, and handle it as real Bread? Or is now Chriſt's glorious Body ſubject to Corruption, as is the Bread that is in the Sacrament, and when it is received? Or can a finite Body be in Heaven and upon Earth, in ſo many places at once, as the Sacrament might be adminiſtred in at the ſame time? Or do Drunkards and Swearers, Hypocrites and Unbelievers, really eat and drink Chriſt's real Body and Blood? The meaning is, this is a ſign of my Body, and a ſign of my Blood, the Communion of both. As Circumciſion is ſaid to be the Covenant, ſo the Bread is Chriſt's Body, *Gen.* 17. 10. *This is my Covenant which ye ſhall keep between me and you, and thy ſeed after thee: Every Man Child among you ſhall be Circumciſed:* But yet Circumciſion was not the Covenant, but a Sign and Seal thereof, *Rom.* 4. 11. *And he* (that is, *Abraham*) *received the Sign of Circum-*

Circumcision, a Seal of the Righteousness of the Faith which he had, being yet uncircumcised.—So the Cup in the Sacrament is said to be the New Testament or Covenant, but it is not the very Covenant, but the Sign and Seal thereof.

6. *The Application of this unto its proper Subject*; Christ declaring who they be that *this* and the things signified do belong unto, *Which is broken for you*, it is according to the mind of Christ, that Believers in the Lord's Supper should make particular application of himself and of the fruits of his Death and Sufferings to themselves: A Believer may take the Bread, and say, The Lord Jesus died for me; and the Wine, and say, Christ Jesus shed his Blood for me.

7. A plain *Injunction* given to Believers to celebrate this Ordinance: *Do this.*

8. The *Frequency* of attending upon God at his Table: *As oft as ye do this.*

9. The *End* for which we should approach unto the Table of the Lord: *Do this in remembrance of me*: Whenever we celebrate the Lord's Supper, we commemorate the Lord's Death.

10. The *Time, how long* this Ordinance must be used in the Church, *Till the Lord shall come*: The Lord will come, and till then this Sacrament must continue; but when he comes to take us to himself into his glorious Kingdom, we shall need this and other Ordinances no more: When the end is attained, the means shall cease; but as the Sacraments of the Old Testament did continue till Christ's first coming in the flesh; So the Sacraments of the New Testament shall continue till Christ's second coming in Glory.

11. A serious *Admonition* of the Apostle, that those that come to this Ordinance, be careful how they

they eat of *this* Bread, and drink of *this* Cup, *ver.* 27. *Wherefore, whosoever shall eat this Bread, and drink this Cup of the Lord unworthily, shall be guilty of the Body and Blood of the Lord.* Unworthy receiving is a great aggravation of their sin and guilt, who shall presume in their heart so to do.

12. A suitable *Direction* to a right use of this Ordinance, to prevent that great wickedness and crying sin of being guilty of Christ's Body and Blood, *ver.* 28. *But let a man examine himself, and so let him eat of that Bread, and drink of that Cup.*

13. The dreadfulness of the *Punishment* that they be in danger of, that come unworthily; and this is either Temporal, *ver.* 30. *For this cause many are weak and sickly among you, and many sleep,* that is, are dead; or Eternal, without Repentance, *ver.* 29. *For he that eateth and drinketh unworthily, eateth and drinketh Damnation to himself;* which Word is used to signifie as well Eternal Damnation as Temporal Judgments; and *if any Man be damned for unworthy receiving, it will be great Damnation.*

14. One *Cause* or *Reason* specified why some do eat and drink unworthily, *ver.* 29. *Not discerning the Lord's Body,* not distinguishing betwixt this and common Bread. Thus you have the parts contained in the Verses in this Chapter, that concern the Institution of the Lord's Supper, and of the Apostle's Doctrine, in order to a right receiving of the same.

In this little Treatise I shall not endeavour to take in the whole Doctrine of the Sacrament, because many learned and holy Men (whose Shooes I am not worthy to untye) have written concerning

cerning the *Nature*, *Uſe*, and *Ends thereof*, the *Qualifications* of the Perſons that have an immediate right thereto, the Graces that are to be exerciſed therein, which are to be drawn forth into act, by ſeeing the *Sacramental Repreſentations*, by conſidering the *Sacramental Actions* of the Miniſter that ſtands in Chriſt's ſtead. In taking, breaking, and diſtributing; of the Receivers in taking, eating, drinking; all which are ſigns of ſomething ſpiritual, not diſcerned by unworthy Receivers; by believing and applying of *Sacramental Promiſes*. [*This is my Body which is broken for you.*] But what I ſhall ſpeak, ſhall be comprized in ſome following Concluſions, for the preventing of theſe following Evils.

1. Some that are truly gracious, do live long in the neglect of this heart-warming, affection-inflaming, grace-ſtrengthning Ordinance. Some that have no right to it, will not be excluded from it, but count that Miniſter their greateſt Enemy, that would willingly prevent their being guilty of the Blood of the Lord: Others whom God calls, and hath prepared it for, will not be prevailed with to come unto it.

2. Some that though they do approach unto it, yet it is but very ſeldom.

3. Some that do come, and that often, are too careleſs and remiſs, that they do not endeavour to prepare themſelves, as a work of that weight and conſequence doth require; and herein ſome of God's own People are blame worthy.

4. Some while they be actually engaged in this Duty, do not rightly conſider the Blood of Chriſt therein, nor act their Graces thereupon.

5. Some that are partakers of the Lord's Supper, do not enquire after participation, what benefit

nefit they have received thereby. In oppoſition unto which evils, I ſhall lay down theſe Concluſions, bottomed upon ſome particular paſſages in this Chapter.

1. Concluſion.

That it is *a neceſſary Duty incumbent upon all Adult Believers, to partake of the Lord's Supper*, Ver. 24. *Do this in remembrance of me.*

2. Concluſion.

That it is *the Duty of Chriſt's Diſciples often to partake of the Lord's Supper.* Ver. 25. *This do ye as oft as ye drink it, in remembrance of me:* Verſe 26. *For as often as ye eat this Bread, and drink this Cup, ye do ſhew the Lord's death till he come.*

3. Concluſion.

That *whenſoever you are to partake of the Lord's Supper, you are to be painful and ſerious in making preparation for it*, ver. 28. *But let a man examine himſelf, and ſo let him eat of that Bread, and drink of that Cup.*

4 Concluſion.

That *a Believer ſhould eye the Blood of Chriſt in the Lord's Supper, in the ſeveral properties, vertue, and efficacy of it, till ſuitable Graces thereby are drawn forth into act and lively exerciſe*, ver. 24. *This is my Body which is broken for you, this do in remembrance of me*, ver. 25.—*This Cup is the New Teſtament in my Blood; This do ye as oft as ye drink it, in remembrance of me.*

5. Concluſion.

That *ſuch as are partakers of the Lord's Supper ſhould enquire after participation, what benefit they have received thereby*; Whether they be the better or the worſe by receiving, ver. 17. *Now in this that I declare unto you, I praiſe you not, that ye come together not for the better, but the worſe.* I begin with the firſt.

CHAP.

CHAP. II.

Containing the first Concluſion, and Explication thereof.

1. *IT is a neceſſary Duty incumbent upon Adult Believers to partake of the Lord's Supper.* 1. *Neceſſary*, as it is oppoſed to *Arbitrary*: It is not left to the pleaſure of the People of God, that if they will, they may; if they will not, they may refuſe; but as it is their privilege that they *may*, ſo it is their duty, that they *muſt* receive it. We may, and we muſt pray; we may, and we muſt hear: ſo we may, and we muſt receive. Yet it is my Obſervation, that the ſame Chriſtians that are much troubled if thy omit praying, and hearing, and reading the Word of God, and their Conſcience doth accuſe them for the neglect of theſe; yet have for a long ſeaſon abſented themſelves from the Table of the Lord, and ſeldom put the neglect thereof amongſt their Confeſſions of ſin, as if it were not a ſin of Omiſſion, and made them not guilty before the Lord.

2. I ſay, it is a neceſſary Duty; not neceſſary to the *Being* and *Eſſence* of a Chriſtian for that is ſuppoſed: For Converſion muſt go before participation of this Holy Ordinance, which is not appointed of God to beget, but to encreaſe Grace, and Grace muſt be in Truth, before it can receive its growth by an Ordinance. *Dead Men* muſt not ſit down at the Table of the *Living God*; Here Men come to Chriſt, and Faith is the *foot* of the

the Soul; here Men must receive Christ, and Faith is the hand of the Soul; here Men must feed upon Christ, and Faith is the *Mouth* of the Soul; it would be more seemly to set a dead Man at our Table, than that a Man dead in Sin should sit down at the Table of the Lord: It is Childrens Bread, and must not be given unto Dogs; but there is a degree of necessity of this Ordinance for the more *comfortable being* of a Christian: You must then bring some Grace with you, and come hither for more; you must bring some Faith, and Love, and Hope, and come hither to have more degrees of all these: Growth supposeth Life.

3. I say, it is necessary, but not *absolutely to Salvation*; because where there is Faith in Christ, Love to God, and real implacable hatred unto Sin, there is at least an *Objective* certainty of Salvation, and may be a *Subjective* certainty without it, though not so usual, not so full and constant, if it be *wilfully* neglected, where opportunity of receiving it is afforded; for the wilful neglect of this duty doth administer just ground of jealousie, whether our obedience be true, because not universal unto all God's Commands, and therefore not universal, because it extends not unto this; *Do this in remembrance of me.* A Believer without this Sacrament may be sure of Heaven, especially where opportunity of participation is denied: But a Believer that may receive it, and yet lives in the neglect of it, will not be so fully, well groundedly, comfortably sure that he is sure of Heaven.

4. I say necessary, being so by God's Command; what God enjoyns is not arbitrary to us, nor indifferent whether we will do it or no.

5. I

5. I ſay, it is a Duty of Believers, that are adult, and have the uſe of Reaſon; ſo it is not incumbent upon Infants and diſtracted Perſons, becauſe they are not capable of the condition and antecedent Duty unto this, *viz. Self-examination.* A diligent ſtrict examination. 1. Of our State, whether in Chriſt or no. 2. Of our Sins, both of heart and life. 3. Of our Wants. 4. Of our Graces, of Repentance for ſin, Faith in Chriſt, Love to God, Obedience, and a firm and holy purpoſe of walking with God, muſt precede the participation of this Ordinance, and therefore ſuch Perſons as may have Grace in the habit, and in no meaſure capable of Self-examination (as may be the caſe of ſome Infants and diſtracted Perſons) lie not under an Obligation to celebrate this Ordinance. So much for the Explication of this Concluſion.

CHAP. III.

Shewing that Chriſt's Diſciples muſt receive the Lord's Supper.

THat *it is the neceſſary Duty of Believers to partake of the Lord's Supper,* I prove:

Firſt, There is the ſame parity of Reaſon that Believers under the Goſpel ſhould receive the Lord's Supper, as the *Iſraelites* under the Law ſhould eat the Lord's Paſſover: This was their Duty, as is preſcribed, *Exod.* 12. where is the firſt Inſtitution, the manner how, the end for which. And the command for it is again renewed, *Numb.* 9. 1, 2, 3. And if a Man were unclean, that he could not keep it

the

the first Month, yet he must the second: Yea God was much provoked by the Neglect of the Passover, *Numb.* 9. 13. *But the Man that is clean and is not in a journey, and forbeareth to keep the Passover, even the same shall be cut off from his People, because he brought not the offering of the Lord in his appointed season: That man shall bear his sin.* Here you see was Guilt contracted, and punishment severe to be inflicted, upon the Person that should neglect to eat the Lord's Passover.

And there is as great reason for Believers to eat the Lord's Supper, as appears by the agreement betwixt them in these particulars:

First, In the *Author* and efficient Cause; God appointed both.

Secondly, In the *Matter* principally signified in both, and that is Christ, and the same benefits and privileges held forth, and conveyed to Believers in both, as remission of Sin, Justification and spiritual Nourishment and Growth in Grace.

Thirdly, In the *End*, to commemorate the mercy and goodness of God in the deliverance of his People from Captivity of Sin, and Bondage of the Devil.

Fourthly, In the *Instrument* of receiving and applying the thing signified by both, and that is Faith.

Fifthly, In the *Parts*; in both, something a sign and something signified.

Sixthly, In the *Properties* of the Paschal Lamb which are in Christ our Passover.

1. That was to be without blemish; so was Christ, *Isa.* 53. 9. 1 *Pet.* 1. 19. & 2. 22. *Heb.* 7. 26.

2. That must be a Male; so Christ for Sex and Strength a mighty Saviour, *Jer.* 31. 32.

3. That

3. That must be of a year old, in a perfect age; Christ about thirty four years, in the prime of his age.

4. That must be taken out of the flock. Christ must be taken from among mankind, that was partaker of Flesh and Blood, *Deut.* 18. 18. *Heb.* 2. 11.

5. That must be separated from the flock; Christ was separated from Sinners, *Heb* 7. 26.

6. That roast with fire; Christ with the heat of God's wrath.

7 That must be eaten; Christ must be received by Faith.

That must be eaten,

1. By every Family; Christ to be received by every Person.

2. With unleavened bread; Christ and this Sacrament is to be received in sincerity and truth, 1 *Cor.* 5. 7, 8.

3. With bitter Herbs; Christ and this Ordinance with bitter Repentings.

4. Wholly, all of it must be eaten, whole Christ must be received in all his Offices, Prophet, Priest, and King, Christ as the Paschal Lamb must be received with all his appurtenances.

5. In haste; Christ must be received presently, without delay.

Seventhly, In the *Subject* that must eat thereof, they were *Israelites*, and those that were Circumcised. Those that should partake of this Ordinance ought to be *Israelites* indeed; and Circumcised in their hearts, if they would have benefit thereby. Thus you see the great agreement betwixt those two Ordinances: And were the *Jews* bound to observe that, and not Believers under the Gospel engaged unto this; Nay, I may argue, that

that there is greater reaſon why we ſhould be more forward to this Duty, in as much, wherein they differ, this is more excellent. As,

1. In the manner of their ſignification, the Paſſover ſignified Chriſt that was to come; the Lord's Supper, Chriſt already come.

2. In the Duration. The Paſſover was to continue till the coming of Chriſt in the Fleſh: The Lord's Supper till he come again in Glory, in the end of the World.

3. In the Perſpicuity and Clearneſs: In the former, Chriſt's death was ſignified more darkly, in the latter more plainly.

Now I beſeech you, ſee what the Paſſover was to the *Jews*, and conſider that *that* the Lord's Supper is to us, and there will appear the ſame parity of reaſon for our receiving of this, as for the *Jews* eating of that.

Secondly, It is the plain Injunction of our dying Lord, that we ſhould do this in remembrance of him; Why do you pray? One reaſon you will give, is, becauſe God commands it: And if you pray becauſe God commands you, you muſt then do every thing that God commands you, and ſo this: Is it not ſtrictly commanded? Read *Luke* 22. 19. The whole is commanded. *This do in remembrance of me*, Mat. 26. 27. The particular Acts are commanded, *Take*, *Eat*, *Drink*, and will you ſay, you will not? Will that become a Diſciple of Chriſt? You ſay not, you will not, but you know you do not, and that is as bad.

Thirdly, Chriſt did ordain it for this very end, that Believers ſhould have a remembrance of him in the partaking of this Ordinance. We are apt to forget the Works of God, *Pſal.* 106. 13. Too apt to forget the Benefits we received from God,

Pſal.

Pſal. 103. 2. But which is moſt to be wondred at, we are too prone to forget God our Saviour, to forget him that delivered us from the curſe of the Law, by being made a Curſe for us: From the wrath of God, by bearing it himſelf; from the ſting of death, by dying for us, *Pſal.* 106. 21. *They forgat God their Saviour*: Oh what memories have we! that can remember our Relations, our Worldly Affairs, and forget that God that made us, and Chriſt that did redeem us: Now Chriſt would live in our Thoughts and memory, and to heal and help the ſlipperineſs thereof hath inſtituted this Ordinance, which you cannot partake of aright, but you muſt remember him.

Or will you ſay, you remember Chriſt without this? That you have no need to uſe this Ordinance for that end? Why then, tell Chriſt ſo if you dare; What is this but to correct the Wiſdom of your Lord by your own folly? But I tell you, you cannot ſo well remember Chriſt without this Ordinance, as you may by a careful frequent attendance upon God in it; for it is not a ſpeculative, hiſtorical remembrance that he did bleed and die: for ſo the Devils themſelves remember Chriſt's death: Not as a Scholar may remember his notions; but the remembrance that Chriſt would have in your thoughts, is,

1. An *Affectionate Remembrance*; that the ſight of your Eye ſhould affect your Heart: That you ſhould ſo remember him as to love him, and deſire him, and delight in him.

2. A *Sorrowful Remembrance*, that you ſhould remember him ſo, that your heart ſhould break, and your eye ſhould weep: When you remember your ſin was the *Judas* that betrayed him, your

ſins were the Spears that pierced his bleſſed Side, and let out the Blood from his holy Heart: That were the Thorns that crowned him, and the Nails that faſtened him to the Croſs. When *David* would ſorrow for his Sins, he penneth a Pſalm, which he entitles, a Pſalm to bring to remembrance, *Pſal.* 38. And when you would have your Heart to ſorrow afreſh for your Pride and Unbelief, and other Sins, go to the Sacrament; which is a Sacrament to bring to remembrance; there remember the Dignity and Innocency of the Sufferer, the greatneſs of his Sufferings, 1. From God, 2. From Men. 3. From Devils; the cauſes of his Sufferings, your own wicked doings, and this will help you to a ſorrowful remembrance of your Sins.

3. *A joyful and thankful Remembrance*; you muſt look upon your Sin, and be troubled that you have done that which put Chriſt to Death, and you muſt here look upon Chriſt, and rejoice that by his Death he hath taken away the Sins that you had done againſt God.

4. *A fiducial Remembrance*; that you may ſo remember Chriſt, as to truſt in him, and rely upon him, and caſt the care of your Souls upon him.

5. *A ſilencing Remembrance*; that you may ſo remember Chriſt, as to ſilence all the Clamours of an accuſing Devil, and an accuſing Conſcience, and every one that would lay any thing unto your Charge: When you remember Chriſt's Death, it will furniſh you with ſuitable Supplies to all Charges laid unto you. The Devil will accuſe you of Sins before and ſince Converſion, and you cannot deny them; but you may remember Chriſt's Death, and ſay, it is true, I did ſo, but Chriſt hath born mine Iniquities in his Body upon the Croſs: what now, O mine Enemy! he will

will tell you of your sins of omission, of commission, and you cannot deny them, but you may reply, Christ hath undergone the Punishment that was due to me for them; what now, Oh mine Enemy! the Law of God will accuse and curse you for the breaches thereof that you have made, and you cannot deny them; but here you may remember Christ, and say, that he hath perfectly obeyed the Law, and satisfied for your breaking of the Law, and may be comforted: Your own Conscience will accuse you, but here you may remember Christ's Death, and Conscience is answered and rightly quieted: Thus the remembrance of Christ's Death will answer all Charges, *Rom.* 8. 33, 34. And will you neglect it?

6. A *Sin loathing Remembrance*; you will not only mourn for Sin, but loath it too; when you do this in remembrance of Christ, you will abhor the Knife that killed your Father, and the Sin that killed your Lord; when you remember him and it. Now you cannot have such a remembrance of Christ as this, so well without the Lord's Supper, as with it; except you will unadvisedly and wickedly charge Christ with a superfluous Institution of a needless means that hath no tendency in it to beget such a remembrance of him in your Thoughts; and whom will you delight to remember, if not your Lord? Who shall live in your Thoughts, if not your Saviour and Redeemer? And how will you thus remember him, if you do neglect the means appointed by him for the attaining of this end.

Shall Christ himself bespeak you to do this in remembrance of him, saying, *Do this in remembrance of me.*

First, That came down from Heaven to Earth, for your ſake, that left the Boſom and the Glory of my Father, to be cloathed in the rags of Humanity for your ſake, and will you not do it?

Secondly, Shall he ſay, Do this in remembrance of me, that led a life of ſuffering, from the Manger in which I lay, to the Croſs on which I hung, and will you not do it?

Thirdly, Shall he ſay, Do this in remembrance of me that underwent a ſhameful, painful, curſed death for your ſake, and will you not do it?

Fourthly, Shall he ſay, Do this in remembrance of me that was buried and roſe again for your ſake and will you yet neglect it?

Fifthly, Shall he ſay, Do this in remembrance of me, that go from Earth to Heaven again, to prepare a place for you in Glory, and take poſſeſſion of Heavenly Manſions for you, and will you yet abſent your ſelf from it?

Sixthly, Shall he ſay, Do this in remembrance of me, that am going to the right hand of God to intercede for you, to plead your cauſe with the Father and will you yet turn your back upon it.

Seventhly, Shall he ſay, Do this in remembrance of me, who will come again at the laſt day, and openly abſolve you before Angels, Men, and Devils, and will you yet ſlight it?

Eighthly, Shall he ſay, Do this in remembrance of me, with whom you ſhall for ever be, with whom you ſhall for ever live, a holy, happy, bleſſed life, and will you yet be indifferent whether you do it or no? Nay, be backward to it? Oh ſeriouſly weigh theſe things, and then ſay, Though you have not done it all this while, yet now you will.

Fourthly,

Fourthly, You are bound to uſe all means for the increaſe of your Grace, for the enflaming of your Love, the ſtrengthning of your Faith, and the renewing of your Repentance, and the ſubduing of your Sin, and you ſin if you do not: You cannot neglect it, but you increaſe your guilt; and would it not be better for you to go in a right manner, and have the pardon of your ſin ſealed to you, and your guilt removed from you, than by a conſtant neglect contract more guilt upon your Soul? Are you not bound to grow in grace? Or have you enough already? Do you not want more meaſures and degrees of Faith, and Love, and Hope? And can you neglect the means of growth, and yet grow? Can you neglect your food, and yet be nouriſhed? Or do you not ſin, if you do not grow? And do you not ſin, if you do neglect the means of growth? Think of this.

CHAP. IV.

Containing Twelve Queſtions to thoſe Believers that neglect the Lord's Supper.

LET me proceed to ſhew you the aggravations of your long neglect of the Lord's Supper: I pray you therefore tell me,

Queſt. 1. *Is not this to live in the neglect of a plain commanded Duty? You ſee it proved to be your Duty, and is it nothing to you to live in a known ſin? Nay, and to plead for it too? As you do for not coming to this Ordinance. It may be it is becauſe you doubt of your ſincerity, and might not this increaſe your doubts,*

when you are partial in your Obedience to God's Commands?

Queſt. 2. *Is not this great Hypocriſie, to complain of the hardneſs of your Hearts, and yet will not uſe the means to have it ſoftned? To complain of the Power of your Sins, and yet will not bring them to the Croſs of Chriſt to have them mortified and ſubdued? Is not this great Diſſimulation, to run to Miniſters with Complaints in your Mouth, and Tears in your Eyes, becauſe of the prevalency of Corruption, and yet will not uſe the means for the further conquering of them? If it be not ſo, why then do you complain? If it be ſo, why then will you not diligently and conſcientiouſly uſe the means, that it might be better with you? Oh come, bring your hard Heart unto the Blood of Chriſt, and ſee if it will not ſoften it; bring your ſtrong Corruptions to this Blood, and ſee if it will not weaken them?*

Queſt. 3. *Is not this to ſet light by a ſpecial Token of the love of your dying Lord? The nearer Chriſt was unto his Death, the more lively were the diſcoveries of his Love unto your Soul, and will you take no more notice of it? Methinks Chriſt when he was to die, ſpeaketh thus unto his People. You are they whom I have loved; you are they for whom I will do and die; you are they whom I will always think upon, and in whoſe Thoughts I love to live; and becauſe the hour of my Death is come, and I muſt go away from you, therefore I will leave you a Memorial of my Death and Love, that as oft as you ſee it, you may remember me; when you behold it, then think of me: And was Chriſt mindful of your good and comfort in that very night in which he was betrayed; and will you thus neglect and diſeſteem it? If your moſt dear and ſpecial Friend upon his Death bed had bequeathed*

you

you ſome Token of his Love, and ſaid, When you behold this, then think on me when I am dead and gone, would you throw it by, and never view it? Do not the Expreſſions of your dying Friends make a deeper, and more large impreſſion upon your heart, and thoughts? And ſhall not the words, and entreaties, and commands of your dying Lord?

Queſt. 4. *Is not this to diſeſteem a firm Conveyance and Aſſurance of all the Goſpel-Bleſſings and Benefits purchaſed by the Death of Chriſt? Is not this Ordinance God's Broad Seal, to confirm unto your Soul the great and everlaſting Bleſſings of the Covenant of Grace? Would you be contented with the Writings for your Lands and Houſes, without a Seal? Or would you not deſire a Sealing-day, and be glad when it comes, that you may be the ſurer, and your Title made more clear? And are not the pardon of your ſins, and your Title to the Kingdom of God, greater things? And the aſſurance of theſe more, infinitely more deſireable? Or do you doubt you have them not, and yet will not come to have your Evidences to be cleared? This Sacrament it is* Signum rememorativum, *to bring to your remembrance the Paſſion of your Lord, where he would teſtifie to your Conſcience, and aſſure you that he died for you: It is* Signum demonſtrativum, *a Demonſtration of his Love, where he would aſſure you that he loves you: It is* Signum prognoſticum, *or* prænuntiativum, *a Prognoſtick of your future and eternal Happineſs, where he would aſſure you that you ſhall undoubtedly be Partaker of it, and will you yet neglect it?*

Queſt. 5. *Is not this too great a ſign of the littleneſs of your Love unto him? Did you love him, would you not deſire to be there where he is wont to take his walk? Did you love him, would you not deſire to eat and drink at his Table, yea, to feaſt upon him? And*

to be there where you may find him, and where he manifeſts himſelf unto them that love him? Did you hunger after him, and thirſt for him, would you not deſire to be there, where you may be filled and ſatisfied?

Queſt. 6. *Is not this too great a ſign of your ſlighting Communion with him? That you do not ſet ſo high a price and valuation of fellowſhip with him? Or do you complain that you have it not, and yet will not come where you may have it?*

Queſt. 7. *Is not this too great a ſign that you ſet little by the comforts of the Spirit, and the warming joys of the Holy Ghoſt? Is it not here that God hath ſhed abroad his love into the hearts of true Believers, and ſent them away with their hearts full of Joy, and their mouths of Praiſes? Or do you complain you have no comfort, and that you are a ſtranger to ſpiritual joy, and will not come where you may not only have a taſte, but drink full draughts of the Well of Conſolation?*

Queſt. 8. *Is not this to grieve the Spirit of God, and to make him more angry and diſpleaſed with you, and to withdraw himſelf further from your Soul? Can God take it kindly at your hands, when he hath killed the fatted Calf, and made ready his Marriage-Supper, and ſent his Servants forth to call you, and invite you, and you turn your back upon it? Do you not provoke him to leave your hearts to great deadneſs, and let you go ſorrowing to your Grave, and never let you taſte of the ſweetneſs of theſe comforts till you get to Heaven? Or how can you complain, that God departeth from you, when you will not come near unto him; that he withdraweth from your Soul, when you withdraw from your Duty?*

Queſt. 9. *Is it not too great a ſign that when you*

did

did receive it, you tasted not of the sweetness of it? and that you missed of the comfort and the benefit of it, that you have since so long neglected it? Do you think you have not cause to repent of your former receiving, when he did not leave an earnest longing in your Soul to come again? Was it possible for you to meet with God, and taste the sweetness of the fulness of Christ, and not desire and long for the like opportunity again? Had you experimentally found the reachings forth of your love to God, and desires after him, and have tasted the sweetness of such actings of love and joy, could you have abstained so long?

Quest. 10. *Is it not all one to you, if there had been no such Ordinance appointed? What is it to you, if you receive it not? If it be a Sacrament to others, yet it is not to you: If it be a Seal to others, yet it is not unto you that live in the neglect of it. The Lamb was not the Passover, but the Lamb killed, and roast, and eaten, was the Passover. Nay, let me tell you, it had been better for you if Christ had not ordained it at all; for you could then but have been without the benefit of it, and so you are now, while you do neglect it: But then you would have been without that sin and guilt that now you contract by forbearing of it.*

Quest. 11. *Is it not great unthankfulness in you thus to live in the neglect of it? Can you be thankful unto Christ for adding Seals unto his Covenant, while you omit it? Have so many Souls unfeignedly blessed God for this Institution, and will you be guilty of so great Ingratitude?*

Quest. 12. *Do you know what it is that you have lost by neglecting of it? And might it not have been much better with you in your Spiritual condition, if you had frequently attended upon God therein? If there be*

any thing in Law and Goſpel to awake you firſt, and comfort you afterwards, this Ordinance would have done it. Here you might have ſeen the deſerts of ſin, and the evil of tranſgreſſing the Law of God, to rouze you out of your ſpiritual Security: Here you might have had the Cordials of the Goſpel to have comforted and revived your ſwooning Soul under the Affrightments and Terrors of the Law; if there be any thing in the Wrath and Love of God to work upon your heart, here you might have ſeen lively Diſcoveries of both: Of God's Wrath againſt ſin in the Death of Chriſt, of God's Love towards the Sinners in the Death of Chriſt: Oh! you cannot tell what you have loſt, by omitting of it, what Grace you have loſt, what Comforts and Joy you have loſt, that others have found in the frequent and conſcientious uſe of this ever to be prized Ordinance.

CHAP. V.

Containing ſome Doubts of weak Chriſtians that hinder them from Receiving the Lord's Supper, with a Reſolution of thoſe Doubts.

Doubt. *BUT you ſay, you queſtion your right unto the Lord's Supper, becauſe you fear you are yet in a natural Condition; and this is Children's Bread; it is Bread of Life, and belongeth only unto them that are living Chriſtians, that have indeed the Life of Grace.*

Sol. 1. Either this is ſo indeed, or it is not; and let it be what it will, you do undoubtedly ſin; if you be not fit, that is your ſin; if you be in your

your natural condition, that is your sin, as well as your misery; and one sin will never excuse you from another; if it be so, why do you not forthwith look out after Christ, and be fitted for it, and then come?

2. But do you not proceed upon a great mistake? For I hope better things of you, and things that accompany Salvation; therefore I beseech you in the Fear of God, after true debate and search into your own Soul, answer me these Questions.

First, Do you not see your self utterly lost and undone? Do you not see your misery out of Christ?

Secondly, Are you not sensible of the sins that brought you into this miserable condition? Is it not the burden your Soul groans under, and would willingly, heartily willingly be eased of it, as ever sick man was of his sickness, or Prisoner of his Chains? Doth it not grieve you, that your sins have been committed? and if they were to do again, by the Grace of God you would not do them?

Thirdly, do you conscientiously practise whatever you have been convinced is your Duty, and dare not omit it when you know it? Do you give your self to Prayer and Meditation, and other duties? And yet do you see the emptiness, and the insufficiency of them to justifie you in the sight of God? That as you dare not omit them, so you dare not rest in them, nor rely upon them, because you see your Prayers have need of Pardon, and your Tears have need of being washed in the Blood of Christ? That you do go out of your self, and seek for Salvation in another. And therefore,

Fourthly,

Fourthly, Do you not unfeignedly desire after Christ, and hunger and thirst for him and his Righteousness? Are you not willing to accept of him upon any terms, upon his own conditions, for your Lord and Saviour? Are you not willing that he should sanctifie as well as save you? And bring you to obedience as well as unto glory? Doth not your judgment value him above all? And your will choose him before all? And are not your affections of love, and desire, and joy, set upon him? If you doubt whether you love him, yet tell me whether you would love him? *If you would, you do.* If you doubt whether you have received him, yet tell me whether you are willing, unfeignedly willing, to take him upon his own terms, and choose him for your Treasure, and your Happiness, and your chiefest Joy? *If you are willing thus to receive him, you have received him,* and so you are habitually prepared for this Ordinance, and ought not to continue in the neglect of it.

Doubt. *You say upon serious search you find you are willing upon any terms to accept of Christ, you would have him to be your Lord and Saviour, you are willing to be his, to be ruled by him, to be made like to him, to have Communion with him, but you fear Christ is not willing; you believe he is able to help and save you, and to give you grace and glory, but whether he be willing you do not know.*

Sol. 1. *That you should be willing, and not Christ, is impossible:* For as much as your willingness to accept of Christ, is a fruit of Christ's willingness to give and bestow himself upon you: I pray you tell me, Is real and unfeigned willingness to be holy, to be like to God, to be in all things guided and directed by the Spirit, and the Word of God,

a flower

a flower that grows in Nature's Garden? Is not the will of Man the great Rebel againſt God; and the great oppoſer of the work of Grace? Is it not the complaint of Chriſt againſt Natural Men that they will not come to him, tho' thereby they may have Life? *John* 5. 40. *How oft would I have gathered you, and you would not?* Mat. 23. 37. You muſt therefore know, when the will is ſubdued, the greateſt Enemy in your Soul againſt Chriſt and Grace is ſubdued; and indeed when the Will is wrought upon to choſe Chriſt, to be willing to receive him, the work of ſaving Converſion is wrought in that Soul.

2. Do you ſay you are willing, and Chriſt is not? *That is your intolerable Pride ſo to think and ſpeak.* It is uſual with many dejected Souls, that complain of there own unworthineſs, and vileneſs, and ſins, that loath and abhor themſelves for their ſins, in the great work of humiliation, that yet have this inſufferable Pride remaining in them, that they are willing, but Chriſt is not. Indeed! have you ſuch good thoughts of your ſelf, and ſuch low, and mean, and hard thoughts of Chriſt? Is it not Pride enough in you to have better thoughts of your ſelf, than of other of your fellow Chriſtians, but muſt you have higher thoughts of your ſelf, than of your Saviour? Or do you ſay, you are worſe than others, and yet in this advance your ſelf above God and Jeſus Chriſt? It may be you never perceived ſo much Pride to lurk at the bottom of ſuch conceptions and expreſſions; that you are willing, but God is not willing, but Chriſt is not willing. Oh proud Creature! proud Sinner! proud Mourner! Is not this to have too high and proud thoughts of your ſelf, to think you are more

more willing to receive good than God is to give it? To be good, that God is to make you ſo? Is it poſſible that a Sinner that by Nature is a bitter Enemy to Goodneſs and Holineſs, ſhould be more willing to be made good and holy, than God that is by nature good and holy, and a Lover of it, ſhould be to make men ſo? Oh, fall upon your Knees, and let thoſe Tears that you ſhed in lamenting your ſad Condition, that God is not willing to be yours, when you are willing to be his, be better ſpent in weeping for the Pride of your Heart, in thinking you are willing to receive Grace and Chriſt, and he not willing to beſtow himſelf and it upon you.

3. If this might be, that a Soul may be unfeignedly willing to accept of Chriſt upon his own terms, and yet periſh, then at the laſt day ſome might plead and appeal to God: *Lord, I was willing to be holy, but thou waſt not willing to make me holy: I was willing to receive thee upon thine own terms, but thou wouldeſt not give thy ſelf unto me, no, not upon thine own terms; and I am not damned becauſe I was not willing to be truely ſanctified and renewed, but becauſe Chriſt would reject me willing to come to him.* But there ſhall not be a man that ſhall dare to open his mouth in this manner unto Chriſt at the laſt day.

4. But this will be manifeſt, that Chriſt is more willing than you, in that *he did die more willingly for you, than you can for him*; He did die more willingly to make you holy, than you can for holineſs ſake, or for his ſake, when you are made holy; hath he died for you, to purchaſe Holineſs, and Grace, and Glory for you, and yet will you think that you are willing, and not Chriſt? Nay, Chriſt

was

was more willing to die for you, than you are to live to him; and was he not yet willing; When you think Christ is not willing, think upon the Sorrows, the Shame, the Sufferings he endured in his Body, in his Soul, how he sweat as it were great drops of Blood; nay, bled and died for you; and then say no more you are willing, but Christ is not.

Doubt. *But you will reply, If Christ died for me, I should not doubt but he is willing to give himself, and his Grace, and his Kingdom to me, but that is my fear, in that I am not satisfied; and therefore I cannot in the Sacrament Commemorate his Death, because I cannot see he died for me.*

Sol. 1. If you be one of Christ's People, then he died for you; he died to save his People from their Sins, *Mat.* 1. 21. And you are one of his People, if you are made willing in the day of his Power, *Psal* 110. 3. *Thy People shall be willing in the day of thy Power:* Are you therefore willing to forsake every known sin? Willing to perform every known Duty? Willing to bear every burthen he shall lay upon you? Willing to be what he would have you be? Then you are one of his People, and you may be sure he died for you in particular.

2. If you are one of *Christ's Friends*, then he died for you, and you are his Friend, if you make conscience of doing whatsoever he commands you, and are grieved where you do come short, *Joh* 15 13, 14.

3. If you are *dead to sin*: You cannot be mortified to sin, if Christ had not been crucified for you, Sin had never been dead in you, if Christ had not died for you, *Gal.* 6. 14.

4. If you *live to Christ*, Christ died for you:

If

If it be your care to walk in his ways, to do his will, and make him your end, and his glory your aim in all your actions, or in the general ſcope of your Life, *Gal.* 2. 20. 1 *Pet.* 2. 24. 2 *Cor.* 5. 15.

CHAP. V.

The Second Concluſion, ſhewing that Believers muſt often receive the Lord's Supper.

That is the Duty of the Diſciples of Chriſt, often to partake of the Lord's Supper.

Baptiſm is but once to be adminiſtred, but the Lord's Supper is often to be received; the frequency of it is not determined; often it muſt be, how often is not expreſſed; if you had opportunity every Lord's Day, and you redeemed and improved it, your Soul may thrive and grow the more in grace and holineſs: Meals which are for nouriſhment muſt be often; you often eat, and you often drink for the nouriſhment of Nature, and yet it is not told you how often you muſt eat, how often you muſt drink, but the ſenſe and feeling of the want of your food, will direct you unto this: So if you have but a ſenſe and feeling of the want of this Ordinance, and the things that are there to be conferred upon Believers, that would guide to a frequent iteration of this Ordinance. Conſider therefore,

Firſt, Do you not often ſtand in need of being waſhed in the Blood of Chriſt? Do you not often defile your ſelf, and gather filth upon your Soul? And ſhould you not often apply your ſelf to the Foun-

Fountain of the cleanſing Blood of Jeſus Chriſt?

Secondly, Do you not often blot your Evidences, and diſturb your peace? And have you not need of the frequent uſe of that Ordinance, wherein God might renew your evidence, and ſpeak peace unto your Conſcience? Do you often contract guilt, and ſhould you not often come to have your pardon ſealed and confirmed to your Soul in the Blood of Chriſt?

Thirdly, Do you not often need the means of ſpiritual warmth and quickenings? Are you not often dull, and often dead, and often luke-warm? And do not thoſe that are often ſick, often need their Phyſick to purge and make them well? If you are ſometime warmed in an ordinance, do not your Affections abate again? That you have not that livelineſs of Affections, nor that reviving Joy, which in the actual performance of the Duty you did find? And is it needful to exhort you that have found the benefit of this Ordinance, to go often to it? Let the Experience of what you have found in it, and the want you do lie under by ſeldom approaching unto it, quicken your deſires after a frequent attendance upon God in it.

Fourthly, Do you not often need ſo great an help for the breaking and ſoftning of your heart for the renewing of your Repentance for ſin, and ſtrengthning and confirming of your Reſolutions againſt it? Is not your heart too apt to fall in love with ſin, and to renew its League with ſin? Do you not often need to be put in remembrance of God's diſpleaſure againſt it, his hatred that he bears unto it, and the dreadful effects and deſerts thereof, and is not this done more livelily in the Lord's Supper? God's diſpleaſure againſt

againſt Sin is more diſcovered in the Death of Chriſt, than in turning the Angels out of Heaven, or *Adam* out of Paradiſe; or in the Deſtruction of the Old World, or in the burning of *Sodom*, or in the Damnation of innumerable, unbelieving, and impenitent Perſons.

Fifthly, Do you not often need ſo great an help for the increaſing of your Love to God and Chriſt? Do you often complain that you love God no more, and will you not more often uſe this ſo great a means for the increaſing of your Love?

Sixthly, Do you not often need ſo great an help for the ſtrengthening of your Faith and Hope, that you may be more able to make a particular application of Chriſt and his Benefits to your Soul, and to have a more lively Hope of the Kingdom of Heaven?

Seventhly, Do you not often need ſo great an help to put you in remembrance of your Lord Jeſus? Are you not too apt to forget him and his Love in dying for you? Is he ſo much in your Thoughts as he doth deſerve? Or it is enough to have ſome Occaſional Thoughts of Chriſt? Or ſhould you not more ſolemnly dwell in your Meditations upon him? And doth not the Nature and the end of this Ordinance lead and help you to fix your Thoughts more permanently upon him, when you ſee how he was crucified and died for you?

Eighthly, Do you not often need ſo great an help to make you more thankful for the matchleſs Love, wherewith he hath loved you, and the unparallel'd Bleſſings he hath purchaſed for you, and conferr'd upon you? Is it not a Shame and

Sin,

Sin, you are no more in praiſing God, and rejoicing in him for ſuch Privileges that were procured by the Blood of his only Son, and your dearest Lord? And can you ſit at the Table, and not have your Souls raiſed to the higheſt Admirations of his Love and Mercy to you?

Ninthly, Do you not often need ſo great an help for the getting and maintaining of more intimate Communion with God, and Fellowſhip with Jeſus Chriſt? Is it not here, that God doth abundantly let forth himſelf into his Peoples Hearts? Is it not here, that Believers feel the goings forth of their Hearts in Love unto him, and Deſires after him, and Delight and Joy in him? Do you complain you have ſo little of God and will not more often go where you may receive more influences from him?

Tenthly, Do you not more often need ſo great an help for the cloſer knitting of your Heart unto the People of God in greater Affection and Love unto them? Do you love them as you ſhould? Or is there not too great an alienation of your Heart and Affection from them? Or doth not this Ordinance, which ſhews you the Love of Chriſt to all his People, incite them that attend upon it, to imitate the Lord Jeſus in loving of them? That we ſhould love one another as he hath loved us: When we ſee we are *one Bread*, and redeemed by *one Lord* and fed at *one Table*, and are waſhed in the *ſame Blood*, and enjoy the *ſame Privileges*, and are here aſſured of the *ſame Inheritance* and *Glory*; doth it not engage us to be of one Heart, and to be kindly affectioned to one another, as Chriſt was to us all? Though it is to be bewailed with Tears of Blood, that this Ordinance, which ſhould

ſhould have cemented us in love, and ſodered our hearts together, though our corruption hath been the occaſion, not the cauſe of great breaches and diviſions in the Church of God.

Thus if you ſeriouſly conſider your own frequent wants and often reflect upon your often need of this Ordinance, you will ſee ſufficient reaſon for your often participation of ſo frequently needful an Ordinance.

CHAP. VII.

Third Concluſion, proving we are to give great diligence to prepare our ſelves for the receiving of the Lord's Supper.

THat whenſoever you are to partake of the Lord's Supper, you are to be painful and ſerious in making Preparation for it.

This Preparation muſt be for theſe Reaſons, which you may lay to your heart, and find them to be quickning Motives to ſtir you up thereto

Firſt, from the Preparation they were wont to make for the Paſſover under the Law, 2 *Chron.* 30. 3. *They could not keep it at that time, becauſe the Prieſts had not ſanctified themſelves ſufficiently:* They did for a while defer it till they had made more Preparation for it: And after their diligence to Prepare, they prayed for the pardon of their imperfect Preparation, 2 *Chron.* 30. 18, 19. *The good Lord pardon every one that prepareth his heart*

to

to ſeek God, the Lord God of his Fathers, though he be not cleanſed according to the purification of the Sanctuary: If any Man were unclean, he was to ſtay another Month, and then eat it, *Numbers* 9. 10, 11.

That they prepared for the Paſſover, appears by

1. The Actions they did before the Paſſover.

2. The Diſcourſe they had with their Children before the Paſſover.

3. The Time they took up before the Paſſover.

First, From the Actions before.

First, Before they did eat the Paſſover, they were to cleanſe their Houſhold-ſtuff, their Veſſels and Utenſils from all leavened Bread, that none might be found in them, nor cleave unto them.

The Parallel is, Before we eat the Lord's Supper, we muſt cleanſe our hearts and lives from all known ſin, that we allow our ſelves in no known wickedneſs, that we do not drive a Trade of ſin, nor be drudges to the Devil, nor Factors for Hell; we may come with many ſins *bewailed, ſtriving againſt, and groaning under them*, but not with one ſin *allowed* and *approved* of.

Secondly, Then they made a ſtricter ſearch after any bit of leavened Bread, by lighting a Candle, and looking into every little Corner and Chink in the Houſe, the Night before the Paſſover.

The Parallel of this is a cloſer ſearching of our Hearts, by lighting the Candle of Conſcience at the Fire of God's Word, and looking into every Room and Corner of our Hearts, leſt there ſhould be any ſin lurking in our Souls, and remaining undiſcovered. We ſhould enquire after the

the Sins in our Understanding, Will and Affections, what is amiss in our Love, Delight, Joy, &c.

Thirdly, Then having found the Reliques and Fragments of leavened Bread, they cast it out: That they would not only not use it, but not have it in their sight, that they may not set their Eyes upon it, nor look towards it, or would burn it till it were consumed.

The Parallel of this, is, The casting away of our Sins, when by diligent search we have found it out: We must not find our Sin, to indulge it, but to forsake and kill it: Not to have our Hearts to hanker after our Sin, when we come to the Lord's Table.

Fourthly, They had a Form of Words for the cursing of that leavened Bread, which they could not find out, *viz. All the leaven that is in my power, whether seen by me, or not seen, cleansed by me, or not cleansed; let it be nothing, let it be esteemed as nothing; as the dust of the Earth, let it be scattered and destroyed.*

The Parallel of this, is, The disowning of every Sin, seen or not seen, after this manner, *Lord, if there be any sin in me which after all my searching of my Heart, I have not found out, let it be accursed, let it be as nothing, as the dust of the Earth; if there be any sin in me, which is not dealt severely with, it is not because I love it, but because I could not find it.*

Secondly, From the Discourse they had before they came, appears they did prepare for it. This was betwixt the Father and his Children.

First, The Children enquired, *What is the meaning of this Service?* Then the Parents answered, It is the Lord's Passover, who passed over the Houses

houſes of the Children of *Iſrael* in *Egypt*, when he ſmote the *Egyptians*, and delivered our Houſes, *Exod.* 12 26, 27.

The Parallel of this, is, That Chriſtians ſhould diſcourſe together, or ſpeak unto themſelves in holy Soliloquy, *viz.* What is the meaning, O my Soul, of this Service, of this Love of Chriſt in appointing this holy Ordinance? What doth it bring to thy remembrance, O my Soul? And here you have occaſion of expatiating the whole method of God in exalting the freeneſs of his Grace in Man's Redemption. *Oh, what meant my deareſt Lord in ſhedding of his Blood, and ordaining this for the commemoration of it! Surely it was, O my Soul, to deliver thee from miſery, to make thee Partaker of his Grace and Love, and to Seal it to thee, and make thee to rejoice in the remembrance of it.*

Secondly, The Children ask, *Why do we eat it with bitter Herbs?* The Parents anſwered, Becauſe the *Egyptians* made the Life of our Fathers bitter in *Egypt*, that they may be ſtirred up to greater thankfulneſs unto God.

The Parallel of this, is, That we ſhould reflect upon our Sins, which made our Lives bitter while we lived in them, and that now we ſhould taſte more bitterneſs in our Sins, than ever we found ſweetneſs, pleaſure, and delight therein.

Thirdly, *Why do we eat it with unleavened Bread?* The Parents were to anſwer, Becauſe the Dough of our Fathers had not time to be leavened.

The Parallel of this, is, That we muſt make haſt to Chriſt, and eat this New-Teſtament Paſſover with the unleavened Bread of ſincerity and truth: That we muſt not delay to come out of Spiritual *Egypt*, nor go to Chriſt in hypocriſie, but in truth.

Thirdly,

Thirdly, From the time there was betwixt the taking, and the killing of the Paſchal Lamb; the Lamb was taken the tenth day, and killed the fourteenth day of the Month, *Exod.* 12. 3. *ad* 7. And it is received as a Tradition among the *Jews*, that for the duration of thoſe four days, the Lamb was tied to their Bed-poſts, that in the Evening when they went to bed, and in the Morning when they aroſe, and in the day-time when they were private in their Chambers; the ſight of the Lamb might affect their hearts and put them in mind of the work they were to do, and bethink themſelves of the greatneſs of God's Mercy towards them, in delivering them from *Egyptian* Bondage.

The Parallel of this is, That Believers, before the Lord's Supper, ſhould take a competent meaſure of time to bethink themſelves of the Love of God in delivering them from Sin and Hell, infinitely worſe than *Egyptian* Bondage, and prepare themſelves to commemorate the Death of Chriſt, and be partakers of the great Bleſſing that at the Lord's Table true Believers have conferred upon them.

It is not ſufficient to ſpend an hour the Night before, or in the Morning you are to approach unto it, but ſome days before to have it in your thoughts, that you may conſider the greatneſs of the Work you are to go about.

This Example of the *Jews* is cogent unto us, foraſmuch as the Lord's Supper is not inferiour to the Paſſover.

1. Neither in the *Inſtitution* of it; the Paſſover was by God's Ordination, and ſo is the Lord's Supper, but God appointed that by *Moſes*: But this

this was by Christ himself in his own Person.

2. Nor in the *signification* of it: That to put them in remembrance of their Deliverance from *Egypt*, and Typically from Hell: This puts us in remembrance of the love of Christ, in bringing us from Misery, and freeing us from Torments infinitely worse than *Egyptian* Slavery.

3. Nor in the *use and end* of it, this being a Seal of the Covenant of Grace, to convey to Believers an Assurance of the Blessings of the Covenant of Promise.

4. Nor in the *manner* of its signification: That a sign of Christ that was to come and suffer: this, that Christ is come, and hath already suffered.

This is my first Argument why, and Motive that we should approach to the Lord's Supper, after painful and serious Preparation: *No Preparation, no Participation.* It is not then putting on our finer Cloaths on a Sacrament day, but the Trimming of our hearts, that God expecteth at our hands.

The second Argument for Preparation for the Sacrament, is taken from the *Author* of it, which is God: The more he that doth invite you to his Table is your Superiour, the more you prepare your selves to go to sit down thereat, more than if he be your Inferiour, or your Equal. God is infinitely your Superiour: Consider what this God is that prepares this Banquet for you, and prepare for it.

1. He is a great and a *mighty* God, a God of inconceivable Majesty, and transcendent Glory, whose Perfection is infinitely above the most raised apprehensions of Angels and Men: And would

you go unto the Table of a great King with filthy hands and in your rags? And would you go to the Table of the great King of Heaven and Earth with a filthy heart, and in your ſins?

2. He is a pure and *an holy God*: Indeed every thing here is holy, the *Signs* are holy Signs, the *things ſignified* are holy things, the *Ends* of the Inſtitution are holy ends, and the *Author* of it is the holy God; and ſhall our hearts only be unholy? The very Externals and Utenſils about it, are and ſhould be clean; the Cups are clean, the Cloath is clean, elſe *you* would be offended, and ſhould not your Heart be clean? If not, would not your God be offended?

3 The Author of this Ordinance is a *God of infinite jealouſie*, and he is moſt jealous in the matters of his Worſhip. In the Second Command, which ſets forth the manner of God's Worſhip, he makes himſelf known by this Attribute, That he is a *jealous* God; and if his Jealouſie ſhould be kindled againſt you at his Table, it would be uncomfortable, it will be terrible to you.

4 The Author of this Ordinance is an *Omniſcient God*, and cannot be deceived; if there be but one among a thouſand that receiveth unworthily, his Eye will be upon him; he knows his Name, and ſees where he ſits. God knows the frame of your heart, he knows your end why you are there, and what your diligence was before you came; then come prepared.

The third Argument for diligent Preparation is taken from the *matter* of this Sacrament: The more excellent and noble any thing is, the more hainous is the abuſe thereof. If a Servant break and ſpoil ſome earthen Pitchers, his Maſter may more

more eaſily paſs it by, but if he take his Jewels, and his precious Pearls and caſt them in the Kennel, and bury them in the Dunghil, he will be more diffi.ultly pacified. If a Man ſhall deal unjuſtly with another, it will be diſpleaſing unto God; but if he ſhall deal unworthily with his Son, he will be provoked: If you ſhould abuſe your common Bread and Drink, which God daily gives you for your ordinary repaſt and nouriſhment, you commit a Soul-damning Sin; but if you profane theſe ſpiritual dainties, without repentance, your damnation will be aggravated.

Here you have to do with Blood, and *then* if ever, you ſhould be ſerious; but moſt of all when it is the Blood of God. Conſider before you go, that you are to have *to do with the Blood of Chriſt*, and let that quicken you to Preparation

The fourth Argument for diligent Preparation is from the *ſubject* that is to be partaker of it; as we may be conſidered in a two-fold ſtate or capacity.

What we were.
What we are.

First, *Every Man is born unfit for the Lord's Table*: We were Enemies to God, and therefore except we will come in our enmity to God, we muſt prepare and fit our ſelves, by being reconciled unto God: We are *born* ſpiritually dead, and it would not be ſo loathſome a ſight to us to have a dead Corps full of Plague-ſores ſet down at our Table, as a Man dead in Sin to ſit down at God's Table, is loathſome unto God: *Where there is no Life, there is no Appetite: And where there is no Appetite, there is no actual Preparation to this Duty.*

Secondly, Such as are *truly converted, may yet be indiſpoſed for this Duty*; therefore there muſt be Preparation. It is not every one that hath true Grace, is preſently to be judged *actually* fit for this Ordinance: As a Man that is aſleep, is a living, real Man, but yet he is not fit to eat, and drink, and converſe with Men; ſo a Man may have Faith and Love, and Hope, and yet not be fit for this Duty, if his Faith be aſleep and Love and Hope be aſleep: For a *Man that is a worthy Receiver, might receive unworthily*; my meaning is, That one that is habitually prepared by having the Truth of Grace, may receive amiſs, by being not actually prepared by the drawing forth of his Graces into act and exerciſe; and how much time muſt be ſpent in fervent Prayer, in holy Meditation, and other Duties, before you can feel the actings of Faith and Love, Deſire and Delight in God, before you can bring your heart to be broken for your ſin, *&c.*

Fifth Argument for Preparation, is taken from the *Conſequents* which will be anſwerable to our preparation, or neglect thereof, which will be either bad or good: For though God doth not beſtow the great things in the Sacrament *for* our Preparation, yet he will not give them *without* our Preparation.

Firſt, The Conſequents of coming unprepared will be very dreadful.

1. *Such do fearfully increaſe their guilt in a very high degree*, in making themſelves guilty of the Body and Blood of Chriſt, though not as an *Actor* in his Death, yet virtually as an *Abetter* and *Conſenter*; for an *unworthy Receiver is a Chriſt-murderer*, as he that defaceth the King's Picture, doth

doth reflect upon his Perſon. He that dares ruſh upon the Sacrament with *reigning ſin* in his heart, would be a *Judas* unto Chriſt, if he were Perſonally upon Earth; and had *Judas* his Opportunity, Temptations, and other Circumſtances, he would waſh his hands in the blood of Chriſt: that comes, but not to have his *heart* waſhed in the Sacrament, 1 *Cor.* 11. 27. And will you *ſo come*, to have your ſin increaſed, inſtead of having of it pardoned?

O what a crying Sin is *Blood guiltineſs*, though it be but the Blood of a common Man! But what will it be to be guilty of the Blood of the Son of God! Did not the Blood of *Abel* cry againſt *Cain* for vengeance? Oh what a *voice* and *cry* will there be then in the Blood of Chriſt! and will you have the Blood of Chriſt *cry againſt* you, inſtead of *pleading for* you? nay, you will ſin more than many of the *Jews* that did actually crucifie him. for many of them did it ignorantly; for had they known him, they would not have crucified the Lord of Glory, 1 *Cor.* 2. 8. But you know and acknowledge him to be ſuch, and yet will be guilty of his Blood; they did it in his ſtate of Humiliation, but you do it in his ſtate of Exaltation It would have been better for *Judas* if he had not been born, and it would be better for you if you never had received.

2. Such *draw down great Judgments upon themſelves*; and no wonder if great guilt and great ſin be followed with great judgments; for God will proportion mens ſufferings to their ſinnings. *He that cometh without the Wedding garment on his Soul, ſhall go away with a Curſe upon his Head and Heart.* Conſider,

(1.) Such *deſerve eternal torments, and the damnation of Hell,* 1 Cor. 11. 29. *He that eateth and drinketh unworthily, eateth and drinketh damnation to himſelf:* Not to another that partaketh with him. *Eateth Damnation!* Oh what a dreadful Morſel is damnation! whence you ſee the reaſon why the Devil puts on many Drunkards to be ſo eager after this Sacrament, it is that they may drink their own damnation, there is *Death to them in this Cup.* The word κρῖμα as well as κατάκριμα is rendred damnation in other places, John 3. 17. 2 *Theſ.* 2. 12. Yea, this might be the caſe of a Child of God, that he may deſerve damnation, though not be (through Repentance) *actually damned.* Damnation *is the deſert of this ſin,* though not the *portion of the ſinner* that is brought to repentance for his ſin. God may ſend an Hypocrite from his Table unto Torment. The ſame *Read-Sea* that was Salvation to the *Iſraelites,* was Death and Deſtruction to the *Egyptians. Eateth Damnation!* Oh what a dreadful word is this *Damnation!* And that when a Man comes to be Partaker of a Saviour. Take heed what you do when you receive: Damnation is not a buſineſs to be jeſted with, nor the Sacrament a work to be trifled at. *Adam* did eat his own death, and ſo may you your own damnation.

(2.) Such *provoke God to inflict upon them oftentimes heavy and dreadful Puniſhments in this life;* So that though God will not ſend a Believer to Hell for this his ſin, yet he might ſend him to his Grave for this ſin, 1 *Cor.* 11. 30. *For this cauſe many are ſickly among you, and many weak, and many are fallen aſleep.* It is thought that God ſent a Plague among the *Corinthians* for Profaning

ning the Lord's Supper. It is not uſual with People in their ſickneſs to reflect upon their unworthy receiving as the cauſe thereof: They ſay, ſuch a time I did over-heat my ſelf, and caught cold, and ſo my ſickneſs came: But not, I went to the Lord's Table in my ſin, or without actual Preparation, and ſo my ſickneſs came: If unworthy Receivers had no love unto their Souls, yet for the love they bear unto their Bodies, they ſhould be perſwaded to forbear till they were prepared. If Damnation and Hell being out of ſight will not affright them, yet Death and the Grave, that is a nearer Object, methinks ſhould. Oh how careful ſhould we be to prepare for that which elſe might be *death to our Bodies and damnation to our Souls*?

(3) Such *provoke God to take away this Ordinance from them.* God's own People by abuſing of this Privilege, might forfeit the Opportunity of approaching unto it: As a Father, when he ſeeth his Children abuſe their Food, may call his Servants to take away, and ſet it up, till they ſhall prize it more, and uſe it better.

Secondly, The good Conſequents are very great if you rightly receive it, with due Preparation and Care; and is not that your end in coming to it, that you may be better for it? He that aimeth not at this ſpiritual advantage in ſubordination to and conjunction with the glory of God, comes he knows not why: And to come *for this*, without Preparation, is to ſeparate betwixt the end and the means. Conſider,

1. Such as come in a right manner, *ſhall receive more from God when they come*: The time of Preparation is your ſowing times: When you ſhould

ſow in tears, and the time of receiving is your reaping time; and he that prepares negligently, ſhall reap ſparingly: He that prepares diligently, ſhall reap abundantly. For,

1. Such ſhall receive *more grace* from God, they ſhall come away with more love to God, with more deſires after God, with more faith in Chriſt, and hatred to their ſins.

2. Such ſhall receive more *comfort, and peace, and joy in the Holy Ghoſt*. If you ſorrow and weep before you go, you ſhall come away with your heart full of joy, and your mouth of praiſes. When you have been formal and lukewarm in your Preparation, your heart hath been dull and dead in and after your receiving; but when lively and diligent, God hath ſpoken Peace unto your Conſcience, and aſſured you of the Pardon of your ſins, and ſent you from *his* Table to your *own*, with a joyful heart, and with a chearful countenance.

3. Such ſhall be *more acceptable and welcome unto God*: What you have done aright, he will graciouſly accept; and wherein you failed, he will freely pardon. Then the *Father* will bid you welcome, and the *Son* will bid you welcome, and the *Holy Ghoſt* will bid you welcome, when you have been weeping and mourning in ſecret for your ſin, whereby you have crucified the Lord of Life; when you have been begging at the Throne of Grace, Lord, give me a Spiritual Appetite after this Heavenly Food: Lord, give me power againſt my Pride, and Paſſion, and Earthly-mindedneſs; after you have been ſearching into every corner of your heart, that you may find out every *Achan* in your Soul, God will ſay, *Younder*

is

is a Soul that hath taken pains with himself in ſecret, and hath cryed unto me for a gracious acceptance of his Perſon and Performances, and now he ſhall find that he is welcom; for I will ſend forth my Spirit, and comfort him, I will give him my Grace, and quicken him, I will give him my Son, and ſatisfie him. Oh it will be ſweet to have God to ſmile upon you at his Table: But to have him frown when you are there, will be uncomfortable; and to have him withdraw, will make your Duty to be unprofitable: Could you take delight at a Man's Table if he frown upon you for every Morſel that you eat? And will it not be worſe, when you take the Bread, *then* to have God to frown? And when you take the Cup, *then* to have God to frown, and ſay, Friend, how came you in hither amongſt my Children, when you have not on the Wedding-garment? Or if you have Grace, you have not endeavoured by painful Preparation to have it drawn forth into act and exerciſe.

Sixth Argument; God makes great *Preparations for us* in this Ordinance, therefore we ſhould make great Preparations when we come to partake of it; and ſhall not we be preparing to receive what God is preparing to give? Doth the great God make Preparations to entertain poor Sinners at his Table, and ſhall we come raſhly and careleſly to it? *Matth.* 22. 4. *Tell them that are bidden, Behold, I have prepared my Dinner, my Oxen, and my Fatlings are killed, and all things are ready.* Oh what delightful words are theſe! Oh that they were delighting to my Soul! Oh how refreſhing are theſe things prepared! and how ſweet is the invitation of God to us to come and be partakers of them! Juſtice might have

prepared Torments for us, but behold, Mercy hath prepared precious Privileges for us! Oh what great things were to be done, that this Supper might be prepared for us. The Son of God must come down from heaven to earth and become the Son of Man; he must suffer, and bleed, and die, and have his Garments dyed in Blood, that this Ordinance might be prepared for Believers. Besides, here are great things prepared to be given to such as do prepare to come rightly to it; here is *pardon* of sin prepared for you; here is *peace* and *comfort* prepare for you; here is further *increase* of Grace prepared for you: But where are your Preparations to receive them? Here is *merit* ready to justifie you: Here is *blood* ready to wash and sanctifie you; here is *righteousness* ready to be imputed to you: But is your *faith* ready to receive them? Is your *love* ready to be acted towards this God that hath made them ready for you? Is your *heart* ready to give thanks and praises to this God that will bestow these things upon you? Or will you give occasion to your God to complain of you, and say, I am ready to give increase of Grace to yonder Believer, but he is not ready to receive it; he hath not enlarged the capacity of his Soul, by getting greater hungrings and thirstings after it: I am ready to give in peace and comfort, when his Soul wants both peace and comfort, but yet he is not ready to partake thereof.

But if you come in your sins, great and terrible things are prepared for you; a heavy charge is drawn up against you, that you do abuse the Blood of Christ; that you crucifie the Lord afresh: And conscience is ready to accuse you, the

the *Law* and *Gospel* ready to condemn you, *Satan* ready to seize upon you, and *Death* and *Judgment* ready to invade you, and *Hell* ready to torment you, and this is dreadful.

Seventh Argument, *God looketh for great entertainment in our hearts, and at our hands*, and therefore we should prepare for him: God welcomes you unto his Table, and you must welcome God into your hearts; and both require Preparation. When you expect some Nobleman to come into your House, what Preparations do you make for him? Your House is cleansed, your best Furniture brought forth, and all your Servants ready to attend him: When you come unto a Sacrament, the great God is to come into your heart, therefore set open the everlasting Gates of your Soul, that the King of Glory may enter in: And let every Room in your heart be washed and cleansed, and hung with the Tapestry, and Embroidery of the Spirit, and let all the Faculties of your Soul, and the Graces in your Heart, be ready to attend him. Let Love receive him, let Faith eye him, and your Soul have Converse and Communion with him.

Eighth Argument, *The many Duties that here in order are to be performed, and the many Graces that are here to be exercised, call for diligent Preparation.* If you were to perform any of those Duties singly which you are here to do jointly, it is your Duty to prepare for each of them. Here sometimes you are to pray to him: Here sometime you are to be employed in praising of him, Here sometime you are to hear from him: And here sometime you are to meditate upon him, and upon the great work of Man's Redemption:

And

And will you not prepare for all these Duties, which are so hard and difficult rightly to be done? Here your heart is to be broken, and to be bound up; Here your Soul is to have a mixture of affection, of joy, and sorrow; Sorrow that you sinned, and by your sins did bring all this sorrow, and sufferings upon your Lord: Joy, that your Lord would die and suffer for your sins; here you are to love him, and to hate your sins; here you are to receive him, and apply him, and all his Privileges to your Soul. And do not such great things as these require your greatest Preparations?

CHAP. VIII.

Containing several Questions to excite us to greater Diligence in Preparation.

BUT because your hearts are too apt to do the greatest work with slightness, and where there should be the greatest care and diligence, I shall further add a few Considerations to your mind, wherewith you would do well to urge your heart whenever you are to go unto this Ordinance: In the fear of God I beseech you answer these following demands.

Quest. 1. *What if you were to die this day, what Preparations would you have made then?* The same you are to make when you are to receive the Lord's Supper.

Two Things especially concern a Man to get before

before he dies, and look what degrees of neceſſity there is of both for a man's Death, the ſame proportion of neceſſity there is of both for the Lord's Supper.

1. *It doth concern a Man before he die, to get the truth of Grace*, that he have real Love to GOD, Faith in Chriſt, Peace with God through Chriſt, and without this a Man cannot die happily: This is as neceſſary for a Man that is to come to the Lord's Supper, that he love God, that he do indeed believe, and hate his ſins, or elſe he cannot receive worthily: Woe be to that Man that goes down to his Grave before he be converted; and woe be to that Man that comes to the Sacrament before he be born again.

2. *It concerns a Man before he die, to get ſome Evidences of his Grace*, and this is neceſſary to his more comfortable dying: A Man may have Grace, and ſo be delivered from the hurt of Death: but if he have not ſome Evidences of this Grace, he will lie under the fears of Death. So a Man, before he goes to the Lord's Table, ſhould endeavour to get the knowledge, ſight, and evidence of his Intereſt in Chriſt, and this is neceſſary to his more comfortable receiving; without which, though he may receive worthily, yet not without ſome fears; *I fear Chriſt did not die for me, I fear his Blood was not ſhed for me, I fear I do not love God*; and ſo will be deprived of thoſe joys and comforts which would come in by a particular application of Chriſt to himſelf; if he can conclude, *Here is Blood, and it was ſhed for me; Here is Righteouſneſs, and it is imputed unto me*: I think a Man that is not fit to die, is not fit to receive: A Man ſhould ſit down at the Lord's Table with

as great care as he would lie down in his Grave; and be as ſerious for his Soul at this Ordinance as he would upon his dying Bed: *You ſhould go to the Lord's Table as carefully as if you were going into another World.*

But do you ſo? Tell me, if you had been to die this day you come to receive, would you not have prayed more than you have done? Would you not have ſhed more tears for your ſins? Would not more of your groans and ſighs have pierced the Heaven, and reached the ears of God? Would you not have ſearched your heart more narrowly? And paſſed ſentence upon your ſelf more impartially? And been humbled more deeply? Would you not have ſaid, If I be miſtaken about the truth of Grace, now I am to die, I am loſt for ever? And will you not ſay, If I be miſtaken about the truth of Grace, now I am to ſit down at the Lord's Table, without my ſerious Repentance, I am undone for ever? And inſtead of having the Pardon of my ſin ſealed to my Soul, by my unworthy going, I bind the guilt of all my former ſins upon my Soul, as if the other were not burthen great enough, I have added this to all the reſt, in making my ſelf guilty of the Blood of Chriſt.

But that you may receive with the ſame ſeriouſneſs as if you were to die, ask your ſelf theſe three Queſtions

1. *What ſin would moſt diſturb the peace of my Conſcience, if I were to die to day?* And mourn moſt for that ſin at the Lord's Table: What is the Sin that would make you moſt afraid to die, and be a trouble to your departing Soul? Would it be your Pride or Paſſion, or your inordinate loving

of

of the World? Would it be your neglect of ſecret Duty, or your careleſs performance of it, that you prayed no more frequently, no more fervently? Would it be that you forgot the Lord ſo long, and neglected your precious Soul ſo long, that you have done no more for God, that you have lived no more upon him? That ſo much of your precious time is gone, and ſo little of your neceſſary work is done? Let that cauſe trouble to your heart, and fetch tears from your eyes, when you are at the Lord's Table.

2. *What Mercy is it you would beg from God if now you were dying?* O beg that mercy when you are receiving; if you were dying, would you ask for Riches, or for Honours, or the great things of this World? Alas, theſe would not fit you for your death; or would it not be the truth of grace, the favour of God, aſſurance of his love, an Intereſt in Chriſt, in his Promiſes, in his Privileges, and an evidence of your title to his Kingdom? Would you not then wiſh, O that God would pardon me, and tell me he hath pardoned me! Oh that he would now be mine, and own me for his own! Would not theſe be your deſires if you were to die?

Deſire the ſame when you are to receive the Supper of your Lord. Will you go thither with deſires after riches, and temporal enjoyments? or with deſires that others ſhould think well of you, and eſteem you as a Chriſtian, though you care not to be ſo? Theſe things will not fit you for receiving no more than for dying: If you were to die, would you deſire to be thought godly, rather than to be ſo indeed? What if one ſhould think you die with grace in your heart, and you

do

do not? And what if others ſhould think you receive with grace in your heart, and do not? Neither of theſe would do you real good: Beg then the ſame things when you receive, as you would if you where to die.

3. *What Mercy is there you would eſpecially bleſs God for, if you were to die?* Give thanks to God for that Mercy when you do *receive*: If you were to die, would you chiefly bleſs God for making of you rich and great in the World? Or for making of you truly good and holy towards God? Would you not upon a dying Bed bleſs God for Chriſt, for the Pardon of your ſins, and for the hopes you have of an eternal bleſſed life? Give thanks to God for theſe with as great reality at the Lord's Table, as if you were going to the Bar of God from a dying Bed.

Queſt. 2. *What if Chriſt were perſonally preſent, and were to adminiſter the Sacrament to you with his own hands, what Preparation would you make then?* If Chriſt your Lord and Maſter were now upon the Earth, and were to ſit with you at the Table, what care would you have uſed to have got your heart into an holy frame? If Chriſt had been with you in your Cloſet, when you were upon your knees, would you not have prayed more earneſtly, and wept more abundantly than you did? If Chriſt had been with you the Night before, and ſeen you look more into your Shop Book, than into the Book of God, and the Book of your Heart, and ſeen you turn over the leaves of your Books of Account, and not the Volume of your Life; and been with you when you were more buſie in cleanſing of your Houſe, than of your Heart? Would you not have bluſhed to look him in the

Face

Face at his Table? Why, Chriſt *as God*, was really with you, when you were preparing of your heart, and took ſpecial notice of your diligence, or remiſsneſs in that work. He is with you in the Morning before you go, he obſerves what time you riſe, what time you ſpend, what pains you take in order to this Duty: And though they be poor, mortal, ſinful Men, that do adminiſter this Ordinance to you in Chriſt's Name and ſtead, yet he requires you ſhould be as ſerious as if he himſelf were viſibly preſent; for as he is God, he is really preſent: And will you not reverence and dread Chriſt as God, as much as you would Chriſt as Man? The Maſter of the Feaſt doth ſurely come and view his Gueſts, and if there were one Hypocrite amongſt a thouſand Receivers, he would know him by name, and fix his eye upon him, and ſay, *Friend, what makes you here amongſt my People, when you have not that love to me as they have, nor take that pains to prepare your ſelf as they have done?* Mar. 22. 11, 12, 13. He did ſay, this is the *Judas* that will betray me; and he will ſay, This is the Man that profanes my Table; this is the Woman that abuſes my Blood: Think of this when you are to come unto this Duty, and this Dignity, to be a Gueſt at this Table of the Lord.

Queſt. 3. *What if you ſhould ſee God ſtrike every unworthy Receiver down dead in the place with the Bread in his mouth or with the Cup in his hand, what Preparation would you make then?* Or if God ſhould inflict ſome painful and tormenting Diſeaſe upon every one that comes amiſs, how careful would you be then? If God ſhould ſay to Death, as *Abſalom* did to his Servants concerning *Ammon*, 1 Sam. 13. 28. *Abſalom commanded his Servants, ſaying,*

ſaying, mark ye now when Amnon's *heart is merry with Wine, and when I ſay unto you, Smite* Amnon, *then kill him, fear not, have not I commanded you?* What if God ſhould ſay to Death, when ſuch a Man is receiving the Sacramental Wine, and I ſay unto thee, Smite him, then kill him; fear not I have commanded thee! If God ſhould deal with you as he did with the *Iſraelites*, in *Pſal.* 78. 30, 31. *While the Meat was in their Mouths, the wrath of God came upon them, and ſlew the fatteſt of them.* It would ſurely be a dreadful ſight to ſee an unworthy Receiver go down to his Grave, and to Hell with the Sacrament in his Mouth: Or what if God ſhould do as it is expreſt in another caſe, *Job* 20. 23. *When he is about to fill his Belly, God ſhall caſt the fury of his wrath upon him, and ſhall rain it upon him while he is eating.* How would you come then? Or what if you ſhould fall down at the Miniſter's feet, as *Ananias* and *Sapphira* at the Apoſtle's feet, if you ſhould dare to come unworthily, what care would you take then?

You do not known but God may do ſo, and to Venture upon a Tryal here, is dangerous. Unworthy Receiving hath been the death, as well as the damnation of many that ſo came. Therefore beware.

Q. 4. *What if Men could look into your heart, and obſerve the frame and temper of your ſoul, what Preparations would you make then?* If it ſhould be known to the Miniſter, and to all the Receivers, what time you ſpent in ſecret, in praying and ſelf-examination, would you not ſpend more time than now you do? Elſe many would have a leſs eſteem of your Piety than now they have. If an Holy

Holy Man (unknown to you) had ſtood at your Cloſet door, and over-heard you pray ſo lukewarmly as you did, would you not have bluſhed that he ſhould have ſeen you at the Sacrament? And all this is known to God; and ſhould not the eye and knowledge of God affect you more, than if all the Men in the World could know and ſee your heart? He ſees your *principle* and *end* more exactly than Men could do, if your breaſt were all of tranſparent glaſs.

Qu. 5. *What if this were the laſt Opportunity you ſhould ever have to be at God's Table, what Preparation would you make then?* If you were to do that which is of ſo great concernment, which you muſt never do more; If God from Heaven ſhould call to you the Night before, and ſay, Now look well to the frame of your heart, that you go with Care, and eat in Faith, and come away with Profit, for you ſhall never receive more; would you then be ſo ſlight as now you are? Why, how do you know you ſhall? Are you not Mortal? And have you not ſeen ſome at one time at a Sacrament, that were dead, and in their Graves, and their Souls in Heaven or in Hell before the next? Hath God given you a Leaſe of your Life? Or hath he told you when you have one Opportunity, that he will give to you another? Come then every time, as you would do, if you were ſure it were your laſt, as you are not ſure but it may be indeed your laſt.

Qu. 6. *What if you were to go from the Sacramental Board to God's Bar, from his Table to his Tribunal, what Preparation would you make then?* If God ſhould from Heaven tell you, *The ſame day you do receive, the ſame day I will judge you,* the ſame day I will require

require an account of you, how you came, and why you came, and whether you did eat in Faith, and drink in Faith; and do all as one that did believe a Judgment, and a Life to come; why this may be your case, and thus God might deal with you, and how if he should, after you have come unpreparedly?

Quest. 7 *What if you had been then present under the Cross of Christ, when he was crucified, and seen his wounds, and heard his Dying groans, and were then to come to commemorate this Death of Christ, what Preparation would you have made then?* What if you had seen your Lord sweating drops of Blood in a cold season, and seen the Thorns upon his head, the Spear thrust into his side, that you might have a Window to look into his heart, to see how he hath loved you, and seen the Nails in his hands and feet; and were, after such a sight as this, to come unto this Table, with what affection would you then come? Why, all this is really represented to you in this Ordinance, and should be as certainly believed, as if you had with your eyes beheld it done. What affections do some discover in beholding the Execution of a common Malefactor? And shall not we before hand endeavour to raise our Affections when we are to come to see the Crucifixion of our dearest Lord?

Quest. 8. *What if one that hath been damned for unworthy receiving, should come unto thee from the Place of Torment, and tell thee he hath found it a provoking sin, and that which makes Damnation more intolerable, to eat unworthily at the Table of the Lord, what Preparation wouldest thou make then?* It is no breach of Charity to conceive, or to conclude, that some that have been at the Lord's

Table,

Table, are now in Hell, and ſhall be there for ever: For if Drunkards, Swearers, or Hypocrites ſhall come unto this Ordinance, that ſhall not ſave them, *dying ſuch.* Chriſt himſelf that at the terrible day of his coming ſhall judge theſe Men for abuſing of his Blood, hath told us before hand, that many ſuch ſhall be caſt into everlaſting Torments, Luke 13. 25. *When once the Maſter of the Houſe is riſen up, and hath ſhut to the Door, and ye begin to ſtand without, and to knock at the Door, ſaying, Lord Lord, open to us; and he ſhall anſwer and ſay unto them, I know ye not whence ye are:* ver. 26. *Then ſhall ye begin to ſay, We have eaten and drunk in thy Preſence, and thou haſt taught in our Streets;* As if they ſhould ſay, Lord, we think it ſtrange to find the Gates of Heaven ſhut againſt us; we think it ſtrange that we that have been thy hearers, and have been at thy Table, that thou ſhouldeſt not know whence we are, that thou ſhouldeſt not approve us, nor receive us: But Chriſt again replies, ver. 27. *But he ſhall ſay, I tell you, I know you not whence you are, depart from me ye workers of Iniquity:* As if he ſhould ſay, I told you once before, that I did not know you, love you, nor approve you; and though you plead your outward Church privileges of hearing and receiving, yet I tell you once again, I know you not; go, get you gone, go, get you down into eternal torments, depart, depart: You were Profeſſors of Piety, but you were Lovers and Workers of Iniquity. Now, ſuppoſe one that thou haſt known and ſeen at this Table with thee, that hath died in his ſins, and been damned for them, and hath been in Hell a year or two ſuffering the Vengeance and the Wrath of God for this, as

for

for his other ſins, ſhould he come to thee and tell thee, I have known ſince I departed out of this life, in which thou now doſt live, what is the Puniſhment that is due unto unworthy Receivers, for I have felt it; believe me, *though a damned Soul*, for I have felt it; I ſuffer much for my unjuſt dealing with Men, but I ſuffer more for my unjuſt medling with the Blood of Chriſt; I ſuffer much for my exceſſive uſe of Proviſions at my own Table; for my Gluttony and Drunkenneſs, but I ſuffer more for abuſing of the Body and Blood of Chriſt in the Lord's Supper, when I was upon the Earth. Or ſuppoſe he had been an Hypocrite that is now in Hell for this ſo hainous Crime, and ſhould come and tell thee, When I was in thy capacity of life; when it was my time to live where thou now doſt, I was admitted to the Lord's Supper, as now thou art, and I gave as good an account unto the Miniſter (as to words and expreſſions) as thou haſt done; I told him I was convinced of my loſt eſtate, that I was weary of ſin, and grieved for it, and was willing to accept of Chriſt upon his Goſpel-terms, and this I ſaid with Tears in my eyes; that the Miniſter thought my Condition good, but I deceived him and my ſelf too, by lying to him; for now I find I was not willing to let ſuch a particular Luſt go, that parted betwixt me and Chriſt: And the *Congregation* with whom I did receive, did think my Condition to be good, becauſe they ſaw me weep when I took the Bread, and ſaw my tears run down my cheeks when I took the Wine, but they did not ſee the Hypocriſie of my heart, nor the Sin I did indulge, and would not part with at Chriſt's Command: But now I am

under

under the ſentence of damnation, and have ſuffered more than thou canſt conceive for this my ſin; Oh, I am damned, for the abuſing of that Blood that ſhould have ſaved me! I am for ever damned for dabling in that Blood as an unholy thing, in which I was often intreated to have had my heart been waſhed: It is *dreadful, dreadful, dreadful!* Thou doſt not know that yet art upon the Earth, what a *dreadful* thing it is to lie in Hell, and bear the Puniſhment that is inflicted upon unworthy Receivers. After ſuch an Admonition as this from a damned Soul, what Preparations wouldſt thou make; why, the Miniſters of God do tell thee ſo, and why wilt thou not credit our Doctrine as much as the words of a damned Soul! Nay, God himſelf doth tell thee plainly in his Word the greatneſs of this ſin, and the puniſhment thereof, and wilt thou not believe the true eternal God before a damned Reprobate? Or ſhall not the words of that God that ſhall Judge thee, affect thine heart, and make as deep an impreſſion upon thy Soul, as would the words of one that ſhould come to thee from amongſt the damned?

Q. 9. *What if Chriſt ſhould call from* Heaven, *as he did to* Saul *in another caſe*; Saul, Saul, *why perſecuteſt thou me? So what if he ſhould call to thee while thou art eating, or while thou art drinking at his Table*, Sinner, Sinner, *why profaneſt thou my Blood? And ſhould mark thee out, and make thee known, what Preparation wouldſt thou make then?* When Chriſt was upon the Earth, eating with the Twelve, he ſaid, *Verily, I ſay unto you, that one of you ſhall betray me*: Oh, what an amazing word was this! how did it fill their hearts with fear and ſorrow, *yet* not knowing who was the Man that ſhould

ſhould do this! How did they look one upon another! and ſaid one by one, *Lord, is it I?* And another, *Lord, is it I?* And were very inquiſitive to know who was the Man that ſhould do this ſo heinous Fact; whom the Lord diſcovered by a ſign, *He that dippeth with me in the diſh, the ſame ſhall betray me*; that is the Man, that is the Traitor.

So, if while the Congregation is met to commemorate his death, Chriſt ſhould cry from Heaven, ſaying, There is one amongſt you that is profaning of my Blood, that is unworthily eating of my Body, that is come hither in his ſins; how wiſtly would they look one upon another, with paleneſs in their faces, and fear in their hearts, not knowing who ſhould be the Perſon that is doing this? One ſaying within himſelf, *Lord, I hope it is not I*; and another, *Lord, I hope it is not I.* No, ſaith Chriſt, it is *yonder* Man that hath now the Bread in his mouth, or *yonder* Man that ſits in yonder ſeat, and is now taking the Cup into his hand, and drinking of it; this is the Man, have him out from among you: If this ſhould be the courſe that Chriſt would take, what Preparation wouldſt thou make then? How narrowly wouldſt thou ſearch thy heart? How fervently wouldſt thou pray before thou comeſt, that thou mighteſt not be the Perſon that Chriſt ſhould thus cry out againſt from Heaven; nor thus ſhame thee before the publick Congregation? Why, though Chriſt doth not thus for the preſent, yet he will diſcover the ſinner, and publiſh the ſin, at a more *Dreadful Day, and before a greater Congregation*; when all the World ſhall be gathered together, and before them all, he ſhall lay this unto thy charge,

charge, before Angels, Men, and Devils: *This is the Man that did careleſly come unto my Table, and did profane my holy Inſtitution, therefore take him, Devils, and drag him down with you into eternal torments, and caſt him into the Lake of Fire, where he ſhall ſuffer the vengeance of eternal burning, for his bold adventure in coming unprepared, and in his ſins unto my Table: Devils, take him with you, for he ſhall never come into my Kingdom.*

Theſe Queſtions I would deſire you with greateſt ſerioufneſs to propound unto your ſelf when you are to approach to this ſolemn Duty, and find your hearts to be ſlight in, and backward to proportionable Preparation to the weightineſs of the Work.

CHAP. XI.

Containing ſome Directions to get our hearts rightly diſpoſed for the receiving of the Lord's Supper.

HAving thus far proceeded in proving it your important Duty to prepare your hearts for this Ordinance, and laying down ſome ſerious Queſtions for quickning you thereunto; I next come to give you ſome Directions what you muſt do, that your receiving may be acceptable unto God, and profitable unto you: And they are theſe Four.

First, *Search your own heart, enquiring narrowly into the ſtate of your Soul, how it is betwixt God and you.*

Secondly, *Solemnly consider such things as have a tendency in them to dispose your heart thereto.*

Thirdly, *Fervently pray to God before you go, that you may receive worthily when you are there.*

Fourthly, *Seriously discourse with some* (if you have opportunity) *about such things as may conduce to raise your Affections, and quicken your Graces before you go.*

First, *Strictly search thine own heart,* 1 Cor. 11. 28. *But let a man examine himself, and so let him eat of that Bread, and drink of that Cup.* The word signifieth a diligent and narrow search into the Nature and Properties of the thing that is the Object thereof, as a Goldsmith proves the goodness of his Metal. Now, Christian Reader, for thine help therein, I would advise thee to put such Questions as these unto thy self, and after due deliberation with thy self, and Prayer unto God, that *he would discover the state of thy Soul unto thee,* give in a true and serious Answer, *as one that knows thou must again be called to an Account, and be examined by God himself at the last Day.*

Quest. 1. *Have I a Principle of Spiritual Life, or am I yet dead in Trespasses and Sins?* Oh my Soul! the work thou art intending at a Sacrament, it is lively work; and if thou art dead thou canst not do it: Thou art to go feed upon the Bread of Life, and if thou art dead, thou canst not do it. Thou art to feast not only *with,* but *upon* the Lord. But if thou art dead, thou canst not do it. I find it recorded in *Numb.* 9. 10, 11. If any Man was defiled by reason of a dead Body, he was not to eat the Lord's Passover till the second Month. How much more unfit am I to eat the Lord's Supper, if yet my *heart* be

be dead, *not only dull, but dead*; there is no converſe between the living and the dead; dead Men do not converſe with living Men; and a *dead heart* altogether void of ſpiritual life, *cannot converſe with a living God.*

In order therefore to the diſcovering of thy ſpiritual life, I will propound theſe following Enquiries, to which give in thy anſwer ſeriouſly, as in the fear of God; and ſolemnly, as in the Preſence of that God that doth ſearch thy heart, and know thy ſtate, and let thy Conſcience make reply as thou wouldeſt do if thou waſt now to die.

Firſt, *Haſt thou ever had any ſpiritual ſenſe of things good and evil?* Didſt thou ever *ſee* the excellency and the beauty of Chriſt, and the vileneſs and deformity of ſin? Is Chriſt moſt lovely, and Sin moſt loathſome in thine Eyes? Didſt thou ever *taſte* ſuch ſweetneſs that there is in Chriſt, in a Promiſe, or in Communion with God, that it makes thee chooſe Chriſt, embrace a Promiſe, prefer Communion with God above all things in this World? Or *didſt* thou ever taſte ſuch bitterneſs in Sin, that makes thee loath it, and unfeignedly willing to leave and to forſake it? Once thou hadſt no reliſh in Spiritual things, but haſt thou now? Time was when thou didſt taſte ſweetneſs in thy Sin, when thou didſt delight therein: But is it as bitter to thee now, as then it was pleaſant and delightful? Thou haſt had an *ear to hearken* to the Temptations of the Devil, the Flatteries of the World, to Sinners enticing thee to Sin, to the Corruptions of thine own Heart, calling thee to yield to all theſe: But thou hadſt not an ear to liſten to the Motions of the Spirit of God nor to

the voice of the Miniſters of God, nor to the voice of the Mercies, nor the Judgments of God, nor to the voice and cry of thy own Conſcience; but now thou art deaf unto the former, the Devil calls, but thou wilt not hear, and Sinners call, but thou wilt not hearken; and thine Ears are open to the latter, if God calls, thou ſayeſt, *Speak, Lord, thy Servant heareth:* If the Spirit whiſpereth to thy Heart, thou perceiveſt his meaning, and obeyeſt, *&c.* Thou once didſt *feel* Ordinances and Duties to be a Burden to thee, and groanedſt under them as a Load too heavy for thee to bear, and this was when thou didſt make light of Sin: Chriſt's *eaſie* yoak thou thoughteſt to be *intolerable*, but Sin's *intolerable* yoak thou judgedſt to be *eaſie*; becauſe Sin was in thy Heart, as (an Element) in its proper place: But tell me, doſt thou not now groan under the weight of Sin: Doſt thou not really think there is no evil of affliction ſo heavy as the evil of tranſgreſſion? Doth it not make thee to cry out, *O wretched Man that I am, who ſhall deliver me from this body of Death?* That now thou couldeſt, at leaſt ſometimes, deſire that thou mighteſt be looſed from thy body of fleſh, that thou may'ſt be freed from this body of Sin? If ſo, thou art alive.

Secondly, *Haſt thou mortified ſin, or haſt thou not*; is ſin dead or alive? If thy ſin do live and reign, then thou art dead; if thy ſin be dead, then thou doſt live; the life and reign of ſin, and the life and power of grace cannot conſiſt in the ſame Soul at the ſame time: Though ſin be in thine Heart, yet thine Heart is not *for*, nor in thy ſins; though ſin be in thy affections, yet indeed Sin hath loſt thine affections; as there is

Sin

Sin in thy love, but thou doſt not love thy Sin; there is Sin in thy joy, but thou doſt not rejoyce in thy Sin; thou doſt not find thoſe flaming deſires of thine Heart after forbidden things, as ſometime thou didſt; neither hath ſin that *univerſal acknowledged* Authority in thy Soul, as once it had; nor that peaceable poſſeſſion in thy heart, which once thou waſt contented to give and yield unto it; but it is even Death to thee to feel theſe Luſts ſo much as crawling in thy heart, though they do not rule; if ſo, then Sin is dead, and thou doſt live; if not ſo, then Sin doth live, and thou art dead.

Thirdly, *Canſt thou groan and cry unto the Lord, and will nothing ſtill thee but a Chriſt?* Then ſurely thou doſt live; though thou canſt not word thy Deſires at the Throne of Grace (as New-born Babes cannot ask, but yet can cry for the Breaſt) nor in ſuch Language (as others) ask for Chriſt and Grace; yet thou canſt *Cry* for Chriſt, and weep for Grace, and all the Creatures cannot quiet thee till thou haſt hopes that Chriſt is formed in thee; Surely they have Spiritual Life, that in this ſenſe do thus cry after Chriſt.

Fourthly, *Doſt thou grow in the Graces of the Spirit.* It may be thou dar'ſt not ſay thou haſt more Grace, but this thou findeſt, thou haſt more deſires after Grace; *that is more Grace.* Art thou indeed thankful for a little Grace, but yet art reaching after more? Thou prizeſt one dram of Grace above thouſands of Gold and Silver; yet it is not a little will ſerve thy turn; doſt thou grow more weary of thy Sin? Doſt thou grow more earneſt after Chriſt, and God, and Heaven? Surely growth is a proof of Life.

Fifthly, *Doſt thou work for God, and Chriſt, and Heaven, and for thy Soul in a Spiritual manner?* Spiritual operations do diſcover ſpiritual life. Many live a natural life, that will not work; but thoſe that be ſpiritually alive, be at work, though ſome more, and ſome leſs. Doſt thou *Pray*, and *labour* in thy Prayers? Doſt thou hear, and take pains with thy heart in hearing? Doſt thou do thy work according to thoſe ſpiritual *Rules* which God hath given thee in his Word, or wherein thou faileſt thou art grieved for it? Doſt thou work from a ſpiritual *principle* of *love* to God, and holy *fear* of him? Doſt thou pray unto him becauſe thou loveſt him? And doſt thou abſtain from ſin, and watch and pray againſt it, becauſe thou wouldeſt neither offend nor grieve him? Haſt thou a ſpiritual *end* in working while thou liveſt, that thou mayeſt glorifie and honour God? Though all thy working in this manner deſerve nothing from the Lord; neither doſt thou thus labour in all thy Duties, *to rely* upon them, and to take thee off from reſting upon Chriſt; yet are thy Evidences that thou art raiſed from the death of ſin, to a life of grace; and having life, thou muſt have food, and God hath prepared it for thee upon his Table, and thou mayeſt go and feed thereon. This is the firſt thing that you ſhould enquire after, as to your ſtate, whether you be ſpiritually alive.

Qu. 2. *Do I hunger and thirſt after Chriſt?* This alſo will be an evidence of your ſpiritual Life; for dead Men do not hunger, they do not thirſt: Say then to thy ſelf, Lo, Oh my Soul! thou art invited to a Feaſt, to a Banquet of Goſpel-dainties, to *a Feaſt of fat things, a Feaſt of Wines on the Lees, of fat things full of Marrow, of Wines on the Lees, well*

well refined, Isa. 25. 6. Lo, Oh my Soul, Wisdom *hath killed her Beasts, she hath mingled her Wine, she hath also furnished her Table, she hath sent forth her Maidens, she cryeth upon the High Places of the City; Whoso is simple, let him turn in hither: As for him that lacketh understanding, she saith unto him, Come eat of my Bread, and drink of the Wine which I have mingled*, Prov. 9. 2, 3, 4, 5. Thus the Lord doth call thee, O my Soul! to rich and costly Provisions, but where is thy hunger? Where is thy appetite? If I could find I hunger, I could find an *Invitation* to go, for I read my Lord hath said, *Isa* 55. 1. *Ho! every one that thirsteth, come ye to the Waters, and he that hath no Money, come ye, buy and eat, yea come, buy Wine and Milk without Money, and without Price.* And *John* 7. 37. *In the last day, the great day of the Feast, Jesus stood and cryed, saying, if any man thirst, let him come unto me and drink.* If I could find I hunger, I can find a *Promise* that I shall be satisfied, *Matth.* 5. 6. *Blessed are they which hunger and thirst after Righteousness, for they shall be filled.* Come then, tell me, O my Soul! Dost thou feel an emptiness in thy self, and a want of those things which alone can satisfie spiritual hungerings? Art thou pinched? Art thou pained with the sense of the want of Christ? Art thou impatient till he come unto thee? Dost thou think the time is long till he doth fill thee? Canst thou take any pains that thou mightest enjoy him? Must thou have a Christ, or nothing will content thee? Then thou art one whom God doth call; be encouraged, arise, and go to the Table of thy Lord. This is another thing that thou must enquire after, because it is not only thy Duty

to have life, but to have ſpiritual hungrings after Chriſt, when thou goeſt unto the Table of the Lord.

Queſt. 3. *Do I love God and Chriſt, or do I not?* If I do not love him, what have I to do to go unto his Table? If God be an Enemy to me, and I yet an Enemy to God, wherefore ſhould I go and bring down wrath upon my ſelf? But if I love him, why ſhould I be ſo diſmayed becauſe I am a Sinner, ſince the Lord is willing freely to beſtow all things that are here provided, upon them that love him? The more ſin I find I have, if I love him, I ſee the greater need I have to go unto him. Put then the Queſtion to thy ſelf, as Chriſt did unto *Peter*, John 21. 15. *So when they had dined, Jeſus ſaid unto* Simon Peter, Simon, *Son of* Jonas, *loveſt thou me more than theſe? He ſaith unto him, Yea, Lord, thou knoweſt that I love*—— And this Queſtion Chriſt put to him the ſecond, and the third time: So do thou before thou goeſt to this Supper; ask thy Soul. O my Soul! *loveſt thou the Lord Jeſus?* Canſt thou ſay, the Lord knoweth that I love him? Yet ask again the ſecond time, O my Soul, *loveſt thou the Lord Jeſus?* Canſt thou again, with *Peter*, anſwer, *Yea, Lord, thou knoweſt that I love thee?* But that thou mayeſt be ſure, enquire again the third time. Tell me, Oh my Soul! *loveſt thou indeed the Lord Jeſus?* For there are many that be miſtaken, and think they love him, but they do not: Canſt thou therefore appeal to God, and ſay, *Lord, thou that knoweſt all things, thou knoweſt that I love thee*; I do not indeed love thee as thou haſt loved me, yet I love thee: I do not love thee as much as others

others do, nor as much as I my ſelf deſire to do, and that is my grief and ſorrow; but yet I love thee, and that is my peace and comfort: And I have theſe evidences of my love, that makes me ſay, *Lord, I love thee*, for I hate that which is a grief unto thee, and that becauſe it grieves thee. Lord, *I love thee*, for I am grieved at thy abſence, and am rejoyced at thy preſence: Lord, *I love thee*, for I love any that are like thee, that bear thy Image, and thy Stamp upon their hearts: O my Lord, *I love thee*, for I love the Place and Duties where thou wert wont to warm the peoples hearts; but if thou beeſt not there, I cannot take up contentedly with them, except I ſee thee. Lord, I do humbly ſay, *I love thee*, for I dare not deny but that I am grieved when thou art diſhonoured by my ſelf or others; tho' I grieve for this leſs than I ſhould, becauſe I love thee leſs than I ought. Lord, *I love thee*, for I deſire to have an heart that ſhould be willing to part with all for thee; things ſinful in themſelves at all times, and things lawful when thou calleſt me to it. Once more, I humbly ſay, *I love thee*, for I would have an heart to love, and long, and look for thy coming and appearance in thy Glory: Come away then, O my Love, (ſaith Chriſt unto thee) and commemorate the Death of thy Lord whom thou doſt love. O my Soul! thy Lord doth call thee, ariſe and go unto his Table, where thou ſhalt ſee how he hath loved thee, and where thou mighteſt have thy love to him more increaſed and inflamed. Thus thou ſhouldeſt enquire concerning thy love to Chriſt, when thou art to go unto this Feaſt of Love.

Queſt. 4. *Do I believe on Jeſus Chriſt, or do I not? Have I the Faith of God's Elect, or have I not?* If I ſhould not eat in Faith, and drink in Faith, I ſhould not receive aright, but if I do believe, though my Faith be weak, I have a right to him, and to his Privileges which he hath purchaſed by his death, and will ſeal unto me in the Sacrament. Then turn thy Speech to God, and ſay, *Lord, If I do prize thy Son above all things in the World, may I then conclude I do believe?* God tells thee that thou mayeſt, 1 *Pet.* 2. 7. *Unto you therefore that believe, he is precious. If I make it my buſineſs to purifie my heart, do I then believe?* God tells thee that thou doſt, *Acts* 15. 9. *Purifying their hearts by Faith. If I take thy Son for my Lord and Saviour, and receive him upon Goſpel-terms into my heart, might I then conclude that I have Faith?* Gods tells thee that thou mayeſt, *John* 1. 12. *But as many as received him, to them gave he Power to become the Sons of God, even to them that believe in his Name.* If ſo, then Lord, I will in obedience to thy Command, do this in remembrance of thee.

Qu. 5. Once more enquire of thy ſelf, and ſay, *Have I repented of my Sins that I have committed againſt the Lord, and am I truly humbled for the ſame?* For how ſhall I behold my Saviour broken for my ſins, if my heart was never broken for my ſins? Though I do come ſhort of that degree of brokenneſs of heart for ſin, as ſome of God's People have attained unto, yet have I *that* Repentance which will prove Repentance unto Life? Though my tears are not ſo many as my ſins, nor my ſorrow as great as my tranſgreſſions, yet have I ſo much ſight and ſenſe of ſin, as makes me loath my

my ſelf, and abhor my ſins, and willing to forſake them; and ſeparates me from the love of them, and delight in them. Oh my Conſcience, canſt thou not bear me witneſs, that it is the breaking of my heart that I have broken God's Commands; that my mourning proceeds from love, and a ſenſe of God's kindneſs and his goodneſs to me; that it is my unfeigned deſire to be waſhed from the filth, as well as delivered from the guilt of ſin; to be freed from the power and dominion, as well as from the puniſhment and damnation that is due unto me for my ſins; that though I did not know but Hell might be my Portion, yet I would not ſin againſt the Lord? Canſt thou not bear me witneſs, that I do endeavour (though I come ſhort in my endeavours) to keep my ſelf unſpotted from the World, and that I hate the Garments ſpotted with the fleſh? That ſin in the *Temptation* to it, is grievous to me, as well as after the *Commiſſion* of it: That I do groan (though not ſo much as I ſhould) under this body of ſin, longing for the time when I ſhall be delivered from it; crying out in the bitterneſs of my Soul, Lord, when ſhall it be? Lord, when ſhall it be, that I ſhall be perfectly freed from this loathſome Body of ſin, which (through thy Grace) is ſo offenſive to my Soul? If ſo, then I will ariſe, and approach unto this Ordinance, where I may be aſſured of my Pardon, and be furniſhed with further Strength and Power againſt my Sin. Thus thou ſhouldeſt enquire, whether thou haſt repented of thy ſin, when thou art to go and ſee what hath been done unto thy Lord, by reaſon of thy Sins. Thus far for Tryal.

Secondly, When thou haſt thus proceeded to find

find out the Truth of thy Grace, thou next go on to ſolemn Meditation, *to conſider of thoſe things which might excite and ſtir up thy graces, the truth of which thou findeſt to be already wrought in thy heart*; that ſo thou mighteſt go unto this Ordinance with lively exerciſe of Grace, that all thy graces might be ready to act according to thy Duty in this work: For it will be thy *Sin* to go unto the Table of the Lord with dull Affections, and deadneſs upon thy heart; and it is an *aggravation* of thy ſin, if it be through want of diligent endeavour to get thy Soul affected and inflamed with love before thou goeſt. Now for thy help therein, I ſhall inſtance in ſome of thoſe things which will be fit and ſutable objects for thy thoughts before thou goeſt, and not unſeaſonable to meditate upon while thou art there.

Firſt, Meditate and dwell in thy thoughts upon *the Love of God in the great Work of Man's Redemption*. Conſider that thou waſt in a fallen and miſerable eſtate, under the Curſe of the Law, liable to the wrath of God, the Torments of Hell; under the power of thy Luſts and the Bondage of the Devil; and couldſt not help thy ſelf, nor recover thy ſelf to the Happineſs from which thou didſt fall: Then get thy Heart affected with the love of God, who in the eternal Project of his Counſel, hath contrived a way for thy Salvation: And here, if thy heart be not yet affected,

1. Urge it with the *freeneſs* of this love: Conſider, O my Soul! it was free love, that God would ſend his Son to die for fallen *Man*, and not for fallen *Angels*; to take upon him not the Nature of *Angels*, but the Seed of *Abraham*. But yet conſider, O my Soul! the freeneſs of this love

to

to thee, who hath ordained thee to Salvation by the Death of Chriſt, when thouſands of others are paſſed by, and ſuffered to periſh in their ſins! God might have paſſed thee by, and applied it unto others, whereas he hath paſſed many others by, and apply'd it unto thee; it may be, thy neareſt Relations have no ſhare, nor ſaving benefit by this Redemption, when there was no more in thee to move God unto this love, than there was in them: Yea, as much in thee to oppoſe, and reſiſt the application of this Redemption, as was in the heart of the vileſt of the Children of Men. Surely ſome believing thoughts of the freeneſs of God's love to thee in particular, will warm thy heart before thou approacheſt to the Table of the Lord, and fill thee with deſires to be there, and the more inflame thy Heart when thou art there. If yet thy heart be dull, do but ask it this one Queſtion, *What wouldſt thou have done, O my Soul! and where ſhouldſt thou have for ever been, if God had not loved thee, freely loved thee?*

2. Urge thine heart till it be affected with this Love of God, which is *ſuch pure love*; no advantage redoundeth unto God, by his loving of thee; if thou hadſt been damned, God had not been prejudiced thereby. Nay, he could have glorified himſelf in thy damnation: And if thou ſhalt be ſaved, there is no addition made thereby to God's happineſs, for that was perfect before the World began. Oh, the difference betwixt the love of God, and the love of Men! Men do Love, where their love doth redound to their benefit and advantage: Yea, the love of Saints to God, though it ſhould be purely for himſelf, yet there

is real, lasting the greatest benefits redounding to them thereby: But the love of God is altogether pure in this respect, that he is not profited by his love.

3. Urge thine heart till it be affected with this love of God, which is such *manifest and undeniable Love*, as doth appear in sending of his Son 1 *John* 4. 9. *In this was manifest the love of God towards us, because God hath sent his only begotten Son into the World, that we might live through him.* Herein God doth commend his love to poor Sinners, *Rom.* 5. 8. *But God commendeth his love towards us, in that while we were yet sinners, Christ died for us.* When *Abraham* would have offered up *Isaac*, the Angel of the Lord said unto him, *Gen.* 22. 12. *Now I know that thou fearest God, seeing thou hast not withheld thy Son, thine only Son from me* So mightest thou say, Now Lord, I know that thou lovest me, seeing thou hast not with-held thy Son, thine only Son from me. Especially if these differences be considered.

1. It was possible for *Abraham* to have another Son, but it is not possible for God to have another *begotten Son.*

2. God loved his Son better, infinitely better, than *Abraham* loved his.

3. That *Abraham* was commanded by his Superiour to offer up his Son; but there could be no Law given unto God to send his Son.

4. *Abraham* received his Son from God, and therefore he was to be at his disposal, as all his Creatures are; but God's Son was from himself by Eternal Generation.

5. *Abraham* would have offered his Son unto his Creator,

Creator, and to God, that was his Friend, but God gave his Son for his Creatures, and thoſe that were his Enemies.

6. *Abraham* offered up his Son in purpoſe and intention, but God gave his Son to die for us really and indeed.

7. *Iſaac* was to be offered by his Father's hands, but Chriſt was given to be ſlain by the hands of his Enemies, that did hate him, and reproach him; therefore if *Abraham*'s love to God was manifeſted by his offering up of *Iſaac his Son*, the love of God is much more manifeſted unto us, by giving us Chriſt *his Son*; and will not ſuch manifeſt and undeniable love yet affect thy heart? Thus thou mighteſt proceed to other Properties of the love of God, in ſending of his Son to ſuffer for thee, which I purpoſely omit, becauſe I would not be large.

Secondly, Meditate and dwell in thy thoughts upon *the Sufferings of thy Lord Redeemer when he came into the World.* It will be profitable before thou goeſt to the Sacrament, to view over the Hiſtory of his Sufferings, from his Birth to his Croſs. Oh what love was this, that God ſhould give his Son, and the Son ſhould give himſelf to die for thee! Never love like this! *John* 15. 13. *Greater love hath no man than this, that a man lay down his life for his Friends.* But greater love than this had the Son of God, when he laid down his life for his Enemies. But if thine heart be not yet affected, conſider,

1. The Dignity of the Sufferer: He that had the *Heavens* for his Throne, was laid in a *Manger*; The Ancient of days became a Babe: He that was above all, was abaſed more than all: He that was

richer

richer than any, being Lord of all; was made ſo exceeding poor, that he had not where to lay his head: He that was the wiſeſt in the World, that never Man ſpake like him; was derided and laughed to ſcorn, and was reproached in all his Offices: The King of Kings, the great and only Potentate is crowned with Thorns; the Prophet of Prophets hath his face covered, and then ſmitten, and then they reproached him, ſaying, *Propheſie who it was that ſmote thee.* To the great High-Prieſt it was ſaid in ſcorn, *He ſaved others, himſelf he cannot ſave.* The moſt Mighty is bound; the moſt Innocent is ſcourged and condemned; the moſt Lovely is deſpiſed; the Phyſician is wounded, that the ſick Patient may be healed: The Lord dieth for his Servants. Oh think of this, till thou feel thy heart to work in love, and to reach forth in burning deſires after him.

2. The *Variety* of his Sufferings; He that was more precious than Rubies, and all things that can be deſired are not to be compared to him; yet was ſold for Thirty Pieces of Silver, a goodly Price that he was prized at by the Sons of Sinners, *Zech.* 11. 13. He was ſold by one, denyed by another, forſaken of all: He was buffeted and ſpit upon; a Murderer preferred before him: While he lived he was accounted a Blaſphemer, and when he died, he was reckoned among Tranſgreſſors. I cannot tell what it was he did endure, but I can tell it was his love that moved him to it. Oh with what heart inflamed with love ſhouldeſt thou go unto that Ordinance, wherein all this is repreſented to thy Faith! O *Love, Love, Love*! art thou baniſhed from my Soul, that I do not feel thee more working in my heart while

while I ponder these things within my thoughts? O my Lord, thou lovedst me in thy Blood, and when I see thee in thy Blood (if my heart were not so very bad) I could not but exceedingly love thee! When thou sawest me in my Blood, it was polluted Blood: But when I see thee in thy Blood, I see, I find, I feel it is love-inflaming Blood.

Thirdly, meditate and dwell in thy thoughts upon *the Privileges and Benefits that were purchased by the Death of Christ*: And surely if we may judge by the price that was paid for them, they must be very great. Some believing thoughts upon this Subject, would affect and warm thy heart before thou goest to this Table, and when thou art there. Oh what a Privilege is it to be united unto Christ, to be justified by his Blood, to be sanctified by his Spirit, to have sin pardoned and subdued, to be reconciled unto God, to be adopted now, and saved hereafter! All these be blessed fruits that thou wilt find to grow upon the Tree on which thy Saviour died: And there is much in these, in every one of these, to inflame thy Love to God and Christ, and to stir up thy heart to go unto that Ordinance, where thou mightest be assured of them, by having them sealed to thy Soul.

Fourthly, Meditate and dwell in thy thoughts upon *thy sin, that thou mayest be humbled, because thy sins were the procuring cause of all the Sufferings of thy Lord.* It was not for himself, but for thee; there was no guile in his Mouth, nor wickedness in his Heart, but *the just suffered for the unjust.* Thy sins were the *Judas* that betray'd him, the *Thorns* that Crowned him, the *Spears* that pierced him, the *Nails* that fastened him upon the *Tree.*

To

To ſee an ordinary man dying for thy fault, would it not affect thy heart? Yonder is one that is groaning, bleeding, dying for the evil I have done! Oh then, how ſhould thy affections work when thou ſeeſt the Son of God bleeding (having his ſide opened, that thou mighteſt look into his heart) when thou ſeeſt him wounded, his hands and his feet pierced; when thou heareſt him cry out with a loud voice, and ſeeſt him give up the Ghoſt, and all this for thy Pride and Unbelief, for thy Worldlineſs and Paſſion, for thy Diſobedience and Rebellion! how will this fill thy Soul with ſorrow and joy, thy eyes with tears, and thy mouth with praiſes! the one, becauſe thou haſt ſinned, the other, becauſe thy Lord would die to ſave thee from thy ſins.

And here it would not be unuſeful nor unſeaſonable to produce the Catalogue of thy ſins, that thou mayeſt ſee how far thou haſt acted, to bring all theſe ſorrowings and ſufferings upon thy loving Lord: For if thou ſhalt be ſaved by his Death, ſurely then thy ſins were Cauſes of his Death; for it was the Pardon of thy Sins, the ſanctifying of thy Heart, and the ſaving of thy Soul, with the reſt of God's Elect, that he intended *effectually to procure*, when he was lifted up upon the Croſs; but did not intend or purpoſe the certain *Application* of his Death and Sufferings unto Reprobates: So that had it not been for the ſake of God's Elect and Choſen People, he never had expoſed himſelf to ſo great Sufferings, nor come down from Heaven, nor gone up upon the Croſs: And will not this yet affect thine heart? Conſider then what thy ſins have been before and ſince Converſion, in their *Nature*, in their *Numbers*,

Numbers, and in all their *aggravations*; every one of which deſerved the heavy and eternal Wrath of God. Oh then, what loads and heaps of Wrath did they all deſerve! How much more all the ſins of all the Elect of God! Oh what a burden did thy Saviour bear, when all theſe were laid upon him? What didſt thou do againſt thy Lord, all thoſe years thou livedſt in an unconverted ſtate? How many ſins didſt thou commit every Day, every Week, and every Month? When thou waſt in that eſtate in which thou didſt nothing elſe but ſin, when all thy Thoughts were ſin, and all thy Words and Actions, all were ſin; all which, thy Lord was to make ſatisfaction for, when he was dying on the Croſs; Dear Jeſus, how unkind and cruel was I then to thee, who waſt ſo kind and merciful unto me!

But yet conſider, what thy ſins have been ſince thy Lord hath applied his Death to thee, which ſhould have engaged thee to be more holy, and to walk more cloſely with him; but *ſince* thy ſins in ſome reſpects have been worſe than all thou didſt before thou waſt converted; for thou haſt ſinned againſt dearer love, and clearer light; thou haſt ſinned againſt that Lord that died for thee, and after by his Spirit he hath applied his death unto thy Soul; thou haſt ſinned after thou haſt had a Pardon of thy ſin, and after he did aſſure thee of thy Pardon: Thou haſt ſinned againſt the Father, who did ordain thee unto life; againſt the Son, that did redeem thy Soul from death, and purchaſe for thee eternal life; againſt the Holy Spirit, that hath been fitting and preparing thee to be partaker of the Inheritance of the Saints in light; thou haſt ſinned after rich and large

large Experiences of God's *Goodneſs* and *Mercy* to thy Soul; after thou haſt taſted the bitterneſs of ſin, and the ſweetneſs of the love of God; after thou haſt reſolved againſt thy Sin, and promiſed unto God upon thy Knees, that if he would Pardon thee, and tell thee he had pardoned thee, thou wouldeſt be more watchful for the time to come: God did what thou didſt deſire, but thou haſt not done that which thou didſt promiſe. Let all this then awaken thee to Sorrow and Repentance, before thou goeſt to the Table of the Lord.

Thirdly, Then next proceed to *ſolemn, ſerious, fervent Prayer, and make thine Addreſſes to God*: For all that thou canſt think upon, and all the courſe that thou canſt take, will not affect thine heart, except the God of Heaven ſhall work them on thy heart, and cauſe them to make ſome Impreſſion on thy Soul; Then go to God and ſay, O *Lord, I am aſhamed to think how dully I do think of theſe great affecting Things: With what an hard and ſtupid heart I roll over in my mind the Death and Sufferings of thy Son: O Lord, it is time that I ſhould come to thee, that I might have ſome warmth from thee, that I might be inflamed with love; and were it poſſible, might be turned into love, that I might be made up all of love. O Lord, I have been trying to get my heart affected with the Death of Chriſt, and with thy love and his, manifeſted to my ſoul therein; but, Lord, my heart is dull: And ſometime when the Coal begins to glow, it is covered with aſhes before I am aware. It is too great a work for me to raiſe my heart to him who condeſcended to come down for me: if I could, I would, Lord, I would, but cannot; But this I know, that if thou wilt, thou canſt;*

canſt: Yea, Lord, I do believe that thou both canſt and wilt: and therefore it is that I am come to thee, O Lord, the time draws near in which I am to go unto thy Table, but ſhall the time of receiving come, before thou comeſt into my heart, to ſtir up thy graces in me, that I may be fitted to receive? True, Lord, I am unworthy, altogether unworthy of what I do deſire; but what thou doſt to any, it is not becauſe they be worthy, but becauſe it pleaſeth thee to do for thine, what they ask of thee according to thy will: I am vile, I am vile, O Lord, I am exceeding vile; but if thou wilt cloath me with the righteouſneſs of thy Son, and look upon me through his wounds, then thou wilt love me. Remember not my ſins againſt thee, but remember what thy Son hath done and ſuffered for me: thou commandeſt me in the Sacrament to remember what thy Son hath ſuffered, that I may be thankful unto thee; do thou remember what thy Son hath ſuffered, and be thou gracious unto me: That I might ſee thy ſmiles, and perceive thy love, when I am there; that I might come from thence with my Pardon ſealed, my Sins ſubdued, my Soul ſtrengthened to run the ways of thy Commandments, till thou ſhalt come and take me to thy ſelf, where I ſhall ſee my Saviour in his Glory, and behold my Lord that died for me on the Croſs.

Fourthly, Next I would adviſe thee (if thou haſt Opportunity) *to diſcourſe with others of ſuch things that may tend to raiſe, and not to damp thy heart.* When thou haſt been taking pains with thy ſelf in ſecret; when thou comeſt from thy Chamber, take heed with whom thou doſt Converſe, and what thou ſayeſt: For if in ſecret thou didſt find thy love excited, thy deſires enlarged, thy faith faſtning upon Chriſt; frothy and unſeaſonable diſcourſe

diſcourſe before thou goeſt, might damp all again: Or if in ſecret thy heart were dull, yet God might bleſs a word or two in holy diſcourſe for the quickning of thy heart, and raiſing of thy affections towards him: when thou ſitteſt at thy Table, or by the Fire the Night before the Sacrament, by ſpeaking *of the wonderful Grace of God, the Death of Chriſt, of the benefits thereby, of hope of Heaven, of the coming of the Lord, of the Glory there is above, of the Sabbath the redeemed of the Lord ſhall keep above in the Kingdom of their Father.* When the two Diſciples were diſcourſing of Chriſt's Death and Sufferings, Chriſt came and joined himſelf unto them, *Luke* 24. 13, 14, 15. If you be two diſcourſing together, Chriſt might come and make the third, and *then your hearts will burn within you.*

Having thus endeavoured to get thine heart prepared, as thou paſſeſt from thine houſe to the houſe of God, from thine Houſe unto this Ordinance, watch over thy thoughts as thou walkeſt along, and let thine heart be working towards God and Chriſt. *Oh that I might feel the Power of Chriſt's Death this Day! Oh that I might have my Pardon ſealed to me this day! That I might be made conformable to Chriſt's Death, ſee his ſmiles, taſt his love, and be ſtrengthened with ſtrength in my Soul:* And when thou comeſt to joyn in the Publick Solemn Worſhip, with others of God's People, then mind the Work that is before thee, and labour ſo to behave thy ſelf in the Duty, that thou mighteſt not loſe thy pains thou haſt taken in preparing for the Duty. And this brings me to the next Concluſion, to anſwer to this Caſe or Queſtion.

Under

Under what *Conſiderations* ſhould a Believer eye the Blood of Chriſt in the Lord's Supper, and have his Graces drawn forth into act, when he doth ſo conſider it?

CHAP. X.

Concluſion 4. Containing Twenty Properties of the Blood of Chriſt.

A *Believer ſhould eye the Blood of Chriſt in the Lord's Supper in the ſeveral Properties, Vertue, and Efficacy of it, till ſuitable Graces thereby are drawn forth into Act.*

This Concluſion conſiſts of Two Parts.

First, *That a Believer ſhould eye the Blood of Chriſt in the ſeveral Properties thereof, in its Efficacy and Vertue.*

Secondly, *That this eyeing of the Blood of Chriſt muſt draw forth thoſe ſuitable Graces that are to be exerciſed in the Lord's Supper.*

For your help in the firſt of theſe, I would adviſe you to eye the Blood of Chriſt in theſe Properties, which alſo ſet forth the Vertue and Efficacy thereof.

1. Eye the Blood of Chriſt in the Sacrament as it is a *Precious Blood*, 1 Pet. 1. 18, 19. *We were not redeemed with Corruptible things, as Silver and Gold, but with the Precious Blood of Chriſt*, &c.

Now the Blood of Chriſt is Precious,

1. *Comparative*, by *way of Compariſon*, being more precious than all the precious things in Nature,

Nature, as Silver and Gold, which are vile, corruptible, and contemptible, in compariſon of the Blood of Chriſt; of no worth and value to redeem Souls as this is.

2. *Abſolute*; Conſider it *abſolutely in it ſelf*: and ſo the dignity and excellency of his Perſon makes it ſo exceeding precious, being the Blood of that Perſon that was God as well as Man, *Acts* 20. 28.

3. *Effective*, by way of *cauſality*, becauſe it doth produce precious Effects: As,

1. It doth redeem precious Souls.
2. It doth make a precious People.
3. It doth confirm precious Promiſes.
4. It doth purchaſe precious Privileges.
5. It is the meritorious cauſe of precious Graces.
6. It is the foundation of precious Comforts.

2. Eye the Blood of Chriſt in the Sacrament, as it is *ſatisfying Blood*: And this it is, becauſe it was ſuch precious Blood; it was moſt precious Blood, therefore it was Blood of Value and Merit: The Law of God was tranſgreſſed, the Covenant of Works by us was violated, the Juſtice of God was wronged, and the Sinner was indebted unto Juſtice, and did owe the ſuffering of the Penalty due for the breach of the Law; which was all miſeries in this life, death it ſelf, and the torments of Hell for ever. But in the Sacrament, eye Chriſt's Blood as the Payment of our Debt, as ſhed *noſtro bono*, for our good; and *noſtro loco*, in our ſtead. Chriſt hath endured as much as our ſins had deſerved; whoſe ſufferings were ſatisfactory, though they were not eternal, and therefore were not eternal, becauſe they were ſatis-

factory: Eternity of torment not being *essential* to the punishment due to sin, but *accidental*, upon supposition, that the sufferings of sinners cannot satisfie; if the damned could satisfie God's Justice by lying in Hell ten thousand millions of years, at the expiration of those years they should come forth; but because they can never satisfie, therefore they must for ever suffer.

But Christ's blood is satisfying blood, because it was a sufficient price which he laid down for the redeeming of his People, *Mat.* 20. 28. Christ came to give his Life by shedding of his Blood, λύτρον, a ransome, and price of Redemption for many. As when the price is paid, the Creditor is satisfied; so when Christ's blood was shed, Gods Justice was satisfied, 1 *Tim.* 2. 6. *Who gave himself a ransome for all,* ἀντίλυτρον, *a common price*; the word signifies a price that is paid by another, which the Offender or the Captive Person could not pay for himself; when the life of one is bought out by the death of another. Oh wonderful, astonishing love of Christ! that would lay down life for life; he laid down his life that we may live. Then when you sit under Christ's Cross at the Lord's Supper, look upon the blood you there see shed, and poured out, to be satisfying blood.

Thirdly, Eye the blood of Christ in the Sacrament, as *pacifying and reconciling blood*; and it is therefore pacifying blood, because it was satisfying blood. If God had not been *satisfied for sin*, he had never been *pacified to the sinner*. But when sin was expiated, God was appeased. *Rom.* 3. 25. *whom God hath set forth to be a Propitiation through faith in his blood,* 1 John 2. 2. *He is the*

propitiation for our sins: By this blood God's wrath is turned aside, and he becomes propitious to believing Souls, *Col.* 1. 20. *Having made Peace thro' the blood of his Cross, by him to reconcile all things to himself.* Sin made the breach, but the Blood of Christ makes peace betwixt God and the sinner: *Ephes.* 2. 13, 14. *Ye who sometimes were afar of, are made nigh by the blood of Christ.* Sin sets us at a distance from God, but the blood of Christ bringeth us nigh unto him; for he is our Peace, that is, our Peace-maker. Oh blessed is *such* a *Peace-maker* between God and Man; 2 *Cor.* 5. 19. *God was in Christ reconciling the world unto himself.* Consider it then as such.

Fourthly, Eye the Blood of Christ in the Sacrament, as *purchasing blood*; by this he purchased his Church and People: *Acts* 20. 28. *Feed the Church of God which he hath purchased with his own blood.* By this blood he hath bought us out & out, *i. e.* quite out of the hands of Justice, quite out of the power of the Devil and Sin; 1 *Cor.* 6. 20. *For ye are bought with a price.* But besides the purchasing of our Persons, he hath purchased and bought by his Blood all things necessary for grace and glory, for peace and comfort; he hath purchased enough to supply all your wants, be they never so many, be they never so great. Eye it then as purchasing blood.

Fifthly, Eye the Blood of Christ in the Sacrament, as *justifying blood*; as that which makes you Righteous in the sight of God, though you have no Righteousness of your own in which you may dare to sit before God at his Table, or stand before him at his Tribunal, *Rom.* 5. 9. *Much more then being justified by his Blood, we shall be saved*

from wrath through him. Christ's Blood is your Righteousness, it is imputed to you for your Justification.

Sixthly, Eye the Blood of Christ in the Sacrament, as *pardoning blood*, as that by which you have the *full*, and *free*, and *everlasting* pardon of all your sins. If Christ had never died, you never had been pardoned; for *without the shedding of blood there is no remission*, Heb. 9. 22. But through this blood of Christ we have Redemption, to wit, the forgiveness of Sins, *Ephes.* 1. 7. *Col.* 1. 14. The blood of Christ is that which procures Pardon for you, and seals the promise of Pardon to you: Think on it as such.

Seventhly, Eye the Blood of Christ in the Sacrament, as *heart-purifying blood*; as it is a blood of value and merit, so it is a blood of virtue and sanctification: Adam's blood was staining blood, and this corruption runs in a blood; but the blood of Christ is purifying and cleansing blood. *Heb.* 9. 13. 14. *For if the blood of Bulls and Goats, and the ashes of an Heifer sprinkling the unclean, sanctifieth to the purifying of the flesh; how much more shall the blood of Christ, who through the Eternal Spirit offered himself without spot to God, purge your Consciences from dead works to serve the living God?* It must be *Physick made of Blood* that must purge our Consciences, 1 *John* 1. 7. *And the blood of Jesus Christ his Son cleanseth us from all sin.* Rev. 1. 5. *who loved us, and washed us from our sins in his own blood.* It was not only pure blood, but it is purifying blood; It was not only holy blood, but it is sanctifying blood. Oh how great was that love of Christ, that would give his pure, precious, sinless, and princely Blood, to be the Laver, in

which our filthy and polluted ſouls by dipping into it, might be made clean? Look upon it then as purifying, ſanctifying, cleanſing blood.

Eighthly, Eye the blood of Chriſt in the Sacrament, as *bleeding blood*; Heb. 12 24. *The blood of ſprinkling ſpeaketh better things than the blood of Abel.* *Abel*'s blood did plead againſt the Offender, but the blood of Chriſt pleadeth for the Believer. *Abel*'s blood did cry for vengeance, but the blood of Chriſt doth cry for mercy. Satan pleads againſt you, & the Law pleads againſt you, and in *many things*, and *at many times*, your own Conſcience pleads againſt you, all crying out to God, *Lord, this man hath had ſo many vain thoughts, and hath made ſo many dead prayers; and hath neglected ſo many Duties*; But as ſoon as ever Satan can put in his Bill againſt you, Chriſt caſts it out of the Court of Heaven, & pleadeth for you with the Father; *He hath ſo ſinned, but ſo many wounds were made in my ſide and heart for him, ſo many drops of blood I have ſhed for theſe very ſins.* Your Sin alſo doth cry againſt you, and the cry of ſin is a very loud cry, that reacheth unto Heaven, *Gen.* 18. 20. *The Lord ſaid, becauſe the cry of* Sodom *is great; and becauſe their ſin is very grievous.* Mark, *grievous ſins makes a great cry*, but yet there is a louder cry in the voice of Chriſt's blood, that is entered into the Heavens; if you fear the *cry of your ſin* ſhould be louder, greater, than the *cry of your Prayers*, yet be comforted, it is not greater than the *cry of Chriſt's blood*, for it is pleading blood.

Ninthly, Eye the blood of Chriſt in the Sacrament, as *comforting blood*; that it muſt needs be, becauſe of all the former Properties already mentioned,

tioned. It is blood that pleadeth for you, and it is blood that speaketh peace unto you. It is blood that satisfieth God's Justice, and pacifieth God's Anger, and therefore it is blood that might quiet your Conscience, and comfort your Heart; it is *cooling blood*; the Soul that is scorched with the fiery apprehensions of God's burning Displeasure might be cooled by one drop of the blood of Christ. The wounds of your Conscience, and the wounds of Christ, brought together, will make work. The wounds of Christ shall heal the wounds of your Conscience; your wounds are *festring, killing* Wounds, but the Wounds of Christ are *healing, comforting* Wounds. There is no such solid lasting comfort, as that which is fetch'd from the blood of Christ.

Tenthly, Eye the blood of Christ, in the Sacrament, as *heart-softning blood*; as that which can dissolve the most stony heart, as that which can break the hardest sinner. This blood once applyed to those that were so hard-hearted to spill this blood, I mean the *Jews*, who are hardned to a Proverb, (viz. *Do you think I am a hard-hearted Jew,*) will turn this Rock of their hearts into a Fountain of Tears, *Zech.* 12. 10. *They shall look upon me whom they have pierced, and they shall mourn for him, as one mourneth for his only Son,* (that is, great mourning) *and shall be in bitterness for him, as one that is in bitterness for his first born.* Oh! lay your heart a steeping in this blood, and try if it be not *softning-blood.*

Eleventhly, Eye the blood of Christ in the Sacrament, as *sin mortifying blood*; it is indeed *soul-saving blood*, but it is *sin-killing blood*; and therefore it saves your Soul, because it kills your Sin:

As that Physick saves a man's life which removeth his Sickness: That which is life to your Soul, is death to your Sin. In the Sacrament you must look upon your sin, as that which was the death of your Lord, and look upon your Lord as one that is the death of your sin: Sin drew out the life-blood of Christ, and the blood of Christ shed, will draw out the life-blood of Sin: Here you may behold these two great Combatants *both fighting, both bleeding, both dying*, and they are reciprocal causes of each others death: Christ he bleeds, and sin it bleeds; Christ dies, and sin dies. But Christ gets the Victory, for Christ dieth and rises again, and lives for evermore; but sin once dead, liveth never more.

Oh! come cast your sins, those cursed *Egyptians*, into the Red-sea of Christ's blood; and they shall be drowned to death, and never live to reign over you more; your Soul shall be safe by passing through this Red-sea, but your sins shall fall and die therein. This blood will kill your pride, and mortifie your earthly-mindedness, and subdue all your inordinate Affections; yea the whole body of sin by this blood shall be destroyed: *Rom. 6. 6. Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.* Gal. 6. 14. *But God forbid that I should glory, save in the Cross of our Lord Jesus Christ, by whom the world is crucified to me, and I unto the world.* Christ's Cross is a Christian's Glory, because it puts his Sin to open shame, in crucifying his Lusts to death. Oh then bring your strong Corruptions to the blood of Christ, for it is a sin-killing blood.

Twelfthly, Eye the Blood of Christ in the Sacra-

ment,

ment, as *quickning blood* The blood that did flow from Christ's heart, it was warm blood; and believe me, it will warm your heart. It is *quickning blood, though it be killing blood:* It lays your sin sprawling within you, and dying in your heart; but it will give life unto your heart. *John* 6. 53. *Except ye eat the Flesh of the Son of Man, and drink his Blood, ye have no Life in you*; if you drink it, then it will enliven you. Sin hath often deadned your heart, and the World hath often deadned your affections, but the blood of Christ will put life into both. The blood of Christ it is the life of all your *Duties*; it will make you pray with life, and hear with life, and discourse of the things of God, and the life to come, with life. The blood of Christ is the life of all your *Graces*, it will make you act faith with life, it will make you love with life, it will make you sorrow and repent with life; the blood of Christ is the life of your Comforts. Oh then bring your dead heart, and dull affections to the Blood of Christ, it will quicken and enliven them, for it is an enlivening blood.

Thirteenthly, Eye the Blood of Christ in the Sacrament, as a *blood of sprinkling*, as a Blood *applicable*, and to be actually applyed to your soul; that you may say, Here is blood, and *it is mine*; Here is blood shed, and it was *for me*; Here is blood to be sprinkled, and I hope one drop will fall upon my Soul. *Heb.* 12. 24. *Ye are come to Jesus the Mediator of the New Covenant, and to the blood of sprinkling.* 1 Pet. 1. 2. *Elect according to the fore-knowledge of God the Father, through sanctification of the Spirit, and sprinkling of the blood of Jesus Christ.* Heb. 9. 19. Moses *took the blood of*

Calves and Goats, with Water and Scarlet-wool, and Hyſſop, and ſprinkled both the Book, and all the People. Heb. 10. 22. *Let us draw near with a true heart, in full aſſurance of faith, having our hearts ſprinkled from an Evil Conſcience, and our bodies waſhed with pure Water* The blood of Chriſt was ſpilt upon the Croſs, and it will be ſprinkled on your Conſcience at the Sacrament. It is not the Blood of Chriſt poured out that will ſave you, but the blood of Chriſt ſprinkled on your heart, will.

Fourteenthly, Eye the blood of Chriſt in the Sacrament, as *Satan conquering blood.* The Devil put it into *Judas*'s heart to betray Chriſt, and into the Jews hearts to murder Chriſt; but by his Death and Blood-ſhed he overcame the Devil; and when he was bleeding to death, he triumphed over all infernal fiends. *Col.* 2. 15. *And having ſpoiled all Principalities and Powers, he made a ſhew of them openly, triumphing over them in it.* And by this blood of Chriſt ſhall you be enabled to overcome the Devil. *Rev.* 12. 10. 11. *The Accuſer of the brethren is caſt down, which accuſed them before God, day and night, and they overcame him by the blood of the Lamb.*

Fifteenthly, Eye the blood of Chriſt in the Sacrament, as *ſealing blood*; as that which was poured out, not only to purchaſe Heaven for you, but alſo to aſſure you of it. Chriſt's blood ſhed upon the Croſs, doth ratifie and confirm the Covenant of Grace. *Heb.* 9. 15. *And for this cauſe he is the Mediator of the New Teſtament, that by means of death, for the Redemption of the Tranſgreſſions that were under the firſt Teſtament, they which are called might receive the promiſe of Eternal Inheritance;* Ver. 16. *For where a Teſtament is, there muſt alſo of*

neceſſity

neceſſity, be the death of the Teſtator. ver. 17. *For a Teſtament is of force after men are dead.* So then when you ſee Chriſt's blood ſhed, remember God hath promiſed Believers pardon and eternal life, and this Promiſe is of force. Chriſt hath bequeathed precious Legacies to his People, and his Will and Teſtament is of force, for his blood is ſhed.

Sixteenthly, Eye the blood of Chriſt in the Sacrament, as an *innocent blood*; Conſider there, it was the juſt that ſuffered for the unjuſt; in his hands there was no wickedneſs, in his heart no ſin, in his mouth no guile. The innocent bleeds for the innocent. *Mat.* 27. 4 *I have betrayed the innocent blood*; and will it not affect you to ſee innocent blood thus ſhed?

Seventeenthly, Eye the blood of Chriſt in the Sacrament, as a *copious blood*; as being ſufficient for you and all the Elect of God. As ſufficient for *you*, as if none had been ſaved, juſtified thereby, but your ſelf. There is fulneſs of Merit in it, it is a Fountain, *Zech.* 13. 1. *In that day there ſhall be a Fountain opened.* Now a Fountain is,

1. *Living* water, and the blood of Chriſt is living blood.

2. It is *running* water, it is communicative, it overflows, it feeds the little Rivolets; and the Channels in which the blood of Chriſt doth run, are the hearts of God's Elect.

3. It is *plentiful* water; there is but little in a Ciſtern, but abundance in the Fountain.

4. It is *inexhauſtible*, and *perpetual*; it overflows, and yet it ever flows. Such is the blood of Chriſt; Chriſt hath not expended all the vertue of his blood upon *David*, and *Peter*, and *Paul*, and the

Saints that are already got to glory; but there is enough for you, it is a copious blood, if you consider the real quantity of blood which Christ at six several times did shed. Six times Christ bled for you

1. In his Circumcision 2. In the Garden 3. When he was Scourged. 4. When he was Crowned with Thorns. 5. When his Hands and Feet were nailed to the Cross. 6 When his Side was pierced with a Spear. Thus if you consider the real quantity of his natural blood, it was much; but if you consider the supernatural efficacy and vertue of it, it was infinite.

Eighteenthly, Eye the blood of Christ in the Sacrament, as *perfecting blood*: It was the fruit of Blood that you have any Grace, and it it the fruit of his Blood that your Grace is growing and increasing Grace. You complain your Grace is small, your Love is little unto God, your Faith is weak, and your desires feeble, and faint after Christ, but Christs blood shall make you perfect. Christ will so moisten your Grace, by laying his blood often at the root thereof, that it shall grow & you shall go from grace to grace, till you come from grace to glory. *Heb.* 13. 20. 21. *Now the God of Peace that brought again from the dead our Lord Jesus Christ, that great Shepherd of his Sheep, through the blood of the everlasting Covenant, make you perfect in every good work, to do his will, &c.*

Nineteenthly, Eye the blood of Christ in the Sacrament, as *cementing blood*; as that which soders the hearts and affections of God's People one to another: We are all made to drink of one Blood, which should provoke us to be of one Heart. As Christ shed his blood, and thereby manifested

that

that he loved all his People; ſo when we partake of it in the Sacrament, we are engaged to love one another, as he hath loved us, 1 *Cor.* 12, 13. *Epheſ* 2. 13, 14, 15, 16.

Twentiethly, Eye the blood of Chriſt in the Sacrament, as *ſuch blood that maketh all you do, to be pleaſing unto God* Your beſt doings would be provocations unto God, had it not been for Chriſt's dying: If Chriſt had not died, your very praying would have been provoking of God; it is the ſufferings, and the blood of Chriſt, that maketh all your religious duties to be acceptable unto God. This is the ſweet Incenſe, which he offers with the Prayers of Saints, *Rev.* 8. 3. Through the blood of the everlaſting Covenant, is that wrought *in* you, and *by* you, which is pleaſing in the ſight of God; and indeed in this reſpect you ſhould eye the vertue and efficacy of the blood of Chriſt in every Duty; your tears are but *puddle water*, and your righteouſneſs but *raggs*, without this blood of Chriſt.

Thus far to the firſt part of this Concluſion. In what reſpects you may eye the blood of Chriſt in this Ordinance, for the affecting of your heart, and the exciting of your Graces, which are next to be ſpoken of for the improving of the blood of Chriſt for your comfort and ſpiritual advantage in this Ordinance.

The Graces to be exerciſed, are chiefly,

1. Faith. 2. Love. 3. Deſires. 4. Joy. 5. Sorrow. 6. Hatred unto Sin.

CHAP.

CHAP. XI.

Shewing how Faith is to be exercised at the Lord's Table.

I. WHen you thus Consider the Blood of Christ in the Sacrament, *set Faith on work.* A Crucified Christ is the Object of justifying Faith; and one that hath a quick-sighted Faith, will perceive enough in the Blood of Christ, whereby he may resolve his doubts, scatter his fears, supply his wants; as that which is an Universal Medicine against all Soul-distempers.

Let Faith make use of this Blood in respect of { *God*, *Satan*, *Your self.*

Viz. In { *Appealing* to God, *Replying* to Satan, *Applying* it to your self.

First, when you are at the Lord's Table, let your Faith be busied in appealing from this blood to God; after this manner.

Lord, of my self I *am exceeding vile, even by Sin made worse than the very Beasts of the Field, than the croaking Toad or the most venomous Serpent; yet is not here precious Blood, which thy Son hath shed to make me precious in thy sight? Though without it* I *acknowledge* I *am loathsome and abominable before thee; yet by it* I *trust* I *shall become one of thy Jewels,*

one

one of those that are honourable in thine eyes; Lord, be not offended, for thou thy self thus speakest of thy People, else I durst not have thought it, had I not found thee thus speaking in thy Prophet, Isa. 43. 4. Since thou wast precious in my sight, thou hast been honourable and I have loved thee. *O Lord, these are thy words, and I believe them, and am humbly bold through this precious blood, to apply them with it unto my self.*

Lord, I *have violated thy Law, and broken thy Covenant, and most fearfully sinned against thee, yet is not here satisfying blood? I was an Enemy unto thee, yet is not here reconciling blood? In this* I *do believe, thou art now my Friend, and my appeased God.*

Lord, I *was in worse than* Egyptian *Bondage, a Captive to the Devil, a very drudge and slave unto my lust; but is not here purchasing blood? am* I *not bought with it as with a price, which thy Son hath payed for my ransome? Through this* I *humbly trust* I *am delivered and redeemed,* I *am indeed under Soul-pressing wants; I want peace and comfort, I want love unto thee, and more holy fear and dread of thee; but is not here purchasing blood; and will thou be offended if I rely upon thee for supplies, especially since* I *ask nothing but what this blood hath bought and purchased for me?*

Lord, I *have no righteousness of mine own, but what is as filthy rags before thee, when I would be justified in thy sight; I am ashamed of my prayers, and I blush to see my best performances, but is not here justifying blood? Is not a crucified Christ made of thee, to be righteousness to thy People? By thine assistance* I *fiducially will rely upon this Crucified Saviour, to make me righteous in thy pure eyes, and disclaiming all my Duties, reach forth the hand of Faith to be justified by this blood.*

Lord,

Lord, I am a guilty Sinner, and my sins are both many for number, and heinous for their nature, and aggravating Circumstance. I have such a sinful heart within this breast, that I know not the man that hath a worse. If my Fellow-Communicants should know my heart, they would look another way upon me, to consider that I *that have so long professed my self to be thy Disciple, should yet come with such a proud and worldly heart unto thy Table.* I *am guilty of sins against love and light, against thy mercy & thy judgments, against thy Spirit and my own Conscience; yea, against the very Law of Nature written in my heart, that a very Heathen would abhor to do what I have not blushed to do; yet is not here pardoning blood, that can pardon great sins as well as small, and many as easie as few? Will not Mountain-sins as well as Mole-hill-sins be covered in this blood? Lord, thy Son hath died for these sins, therefore* I *trust* I *shall not be damned for these sins; though by them* I *have deserved greatest condemnation. Lord, for this blood* I *do believe that thou wilt pardon me, and by this blood wilt seal my pardon to me* I *trust in this blood for a pardon; yea, in this will* I *trust that thou wilt pardon me.*

Lord, I *am not only guilty, but polluted; Sin hath as well defiled me, as it would condemn me. Lord, I have a heart as black as Hell, as filthy and unclean as the unclean Spirits themselves; but is not here blood to wash me, as well as pardon me? To purge me from my filth, as well as save me from the guilt of all my sin? To this cleansing blood* I *bring my defiled Soul, and* I *will believe that thou wilt rinse, and make me clean. Lord here is blood, and what may hinder but* I *may wash and be clean?*

Lord, Sin hath stopped my mouth, and I *cannot plead.*

plead my own cause before thy Majesty, but is not here pleading blood? Let that plead for me, this is my Advocate; my sins do plead against me, but here is blood that pleadeth for me, and I do believe thou wilt rather hear the pleadings of thy Son's blood for me, than the pleadings of my own sins against me.

Lord my Soul is cast down within me, and I am often filled with thy terrors, till I am almost distracted; There are many things that do discomfort me; my sins they do discomfort me; and my very duties as I do perform them, do discomfort me; but is not here comforting blood? Oh this blood is Aqua-vitæ to my swooning and dejected Soul. I will lay the mouth of my Faith to the bleeding Wounds made in thy Son, and will suck and draw till my Soul is comforted.

Alas, O Lord, my sins have not only mad me filthy, but have hardened my heart; Sometimes I may feel it to relent, and to give a little, but other whiles it is hard and stony within my breast; sometimes I think never heart so hard as mine; but is not here heart-softning blood? If there be not, let me go away as hardned as I came; but if there be, let me feel the vertue and the power of it, in making in me a heart of flesh. O Lord, I will lay my heart a steeping in this blood, and will believe that then it shall be softned.

Alas O Lord, my sins are very strong and powerful within me, that sometimes I think they do not only rage but reign. Sometimes they act so mightily in my heart, that I am apt to think there is nothing but sin in my Soul and no Principle of Grace to check and to controul it. My Pride is strong, my Passion is strong, and my Lusts exceeding mighty; but is not here

here is mortifying Blood, that can take down the Strength and power of it? This blood hath subdued it in others, and now I will believe it will subdue it in my Soul.

Oh, my Lord, my heart is often dead and dull, that I cannot pray with life unto thee, that I cannot be lively in thy Service; fain I would, but lo, my heart is dead, and cannot. But is not here quickning and enlivening blood? Why then wilt thou suffer such a heart to be in me? Lord, wilt thou give me leave to apply it to my self, that I may be quickned to thy Service? Yea, I know it is thy will I should so do. Now Lord, my heart is warm.

Thus you may in respect of God, by Faith, make use of all the Properties of the blood of Christ, you may go on in all the rest. Let it suffice that I have shewed you how Faith may be set on work in the former particulars.

Secondly, when you thus consider the blood of Christ in the Sacrament, *set Faith on work to reply unto the Devil.* He will be with you at the Sacrament, to rob you of the comfort, and hinder you from that joy that there you might be filled with; but by faith in the blood of Christ you may resist him. And whatsoever his Accusations are, from some of these Properties of the blood of Christ, you may put the Devil unto silence.

Doth the Devil cast your sins in your teeth, and rank them in order before your eyes? Doth he tell you of your Pride, and Ignorance? Doth he tell you of your formal Duties, and your want of close walking with God? You may reply, *Oh mine Enemy. So far as there is truth in thine accusation,* I *am as willing to accuse my self: Yea, before* I *came unto this Ordinance, thou heardest me accuse, and*

judge

judge, and condemn my self; but lo, O mine Enemy! here is blood that hath been shed for me, that was not shed for thee; here is blood to purchase pardon for my sins, which was not shed to pardon thee. Oh, how would such a believing Reply make the Devil to slink away, and leave the to make the best improvement that thou canst of this holy Supper! What sayest thou, Oh thou Enemy of my Soul's Salvation and Comfort? Hast thou ought to lay unto my Charge? It may be he will tell thee of the hardness of thy heart; but thou may'st reply, Because I found and felt it hard, therefore I came unto this Blood to have it softned. What now, Satan! It may be he will tell thee of thy dulness in thy holy Duties. Thou may'st reply, I did indeed to the grief and burthen of my Soul, find too much deadness upon my heart; and therefore I have brought it to the quickning blood of my dearest Lord, and he will put life into me. What now, Oh mine Enemy! Indeed there is nothing that Satan can charge upon you, or bring against you, but from one of these Properties of the blood of Christ, you may put him to the worst. You may go on in any of the rest, as you have occasion to make use of them.

Thirdly, when you thus consider the blood of Christ, you may *set Faith on Work, in applying it to your self*; and stopping the mouth of your own Conscience, clamouring against you at the Lord's Table, or else rightly and justly accusing of you: For Conscience may know more evil by you than the Devil can, *viz.* many vain thoughts, and inward sinful workings of your heart. But you may use some of these Excellencies of the blood of Christ, upon grounds sufficient to quiet and to allay

allay it; after this manner: *Thou telleſt me, Oh my Conſcience, of ſuch blaſphemous, vain, diſtreſſing thoughts! and I do ſubſcribe unto my accuſations; but lo, Oh my Conſcience! here is blood that hath ſatisfied God, and wilt not thou be ſatisfied? Here is blood that hath reconciled God unto me, notwithſtanding thoſe my ſins; and Oh my Conſcience, wilt not thou then be reconciled unto me? For the ſake of this blood, God is at peace with me, and wilt thou not?* Thus may you procure peace of Conſcience, and upon laſting grounds go away with a firm Peace concluded betwixt your ſoul and your ſelf.

Let Faith make particular application of this blood in all its Vertues and Efficacies, and ſay, *Look here, Oh my Soul! Here is pardoning blood, and it is thine; Here is quickning, ſoftning blood, and it is thine; here is juſtifying, ſanctifying, pleading blood, and this belongs to thee.* Thus for the drawing forth of Faith to do its work at the Lord's Supper.

CHAP. XII.

Shewing how Love, Deſire, and other Graces are to be exerciſed in the Sacrament.

II. WHen you thus conſider the Blood of Chriſt, then draw forth *holy Love* to do its part, as Faith has done its. And indeed, when Faith goeth thus before, it will be more eaſie to act all the reſt. Let but Love ſee with Faith's Eyes,

Eyes, and it will quickly be inflamed. Let Faith make application, and Love will quickly feel the benefit of it, and shew it in its actings: Oh how will Love flutter in your breast, when it shall behold that precious blood that did redeem you, and reconcile you unto God! Oh then bespeak your Love for God and Christ: *Look here, O my Soul! what love was this in God, to give his Son for thee! what love was this in Christ, to give his life and blood for thee! precious blood for a vile and worthless sinner! O look again. O my Soul! here is pardoning blood for thee a sinner, here is softning blood for thee an hardned sinner, and here is reconciling blood for thee, who wast once an Enemy to God. Oh what love is this! Oh never love like to this? Hath God and Christ thus loved thee, Oh my sinful Soul! and wilt not thou love him back again? Hath God sent his Son to die, and said unto him, O my well-beloved Son, go and die for yonder sinner, and thereby commend my love unto him? O Lord, this love of thine doth overcome me. O Lord, thou hast out-loved me, if now my love were better, thou shouldest have it, but such as it is thou shalt have it. Make it more, and make it better, and still it shall be set upon thee. Oh my Soul, canst thou behold justifying blood, and not love him that shed it for thee? Canst thou behold precious, quickning, softning blood, and not love him that laid it down to quicken, and to soften thy heart, and redeem thee from Hell, and Sin, and Wrath.*

III. When you thus Consider the Blood of Christ, then *let desires be upon the Wing*, to fetch in unto your Soul such things that this blood, by its efficacy and vertue doth purchase and procure. *O! here is pardoning blood. O! that I could have the pardon*

pardon of my sins! Here is sealing blood: Oh that I could have my pardon sealed and confirmed to my Soul! Oh that now my sin might be subdued by this blood! Oh that now my dull heart might be enliven'd by this blood! Oh that now my wounded Soul, and troubled conscience, might be healed and comforted by this blood! Oh that now I may receive more degrees of love to God, & faith in Christ, which this blood hath purchased for me! Oh that now my poor distressed Soul may have rich experience of this softning, quickning, healing vertue of the blood of Christ, which he hath so willingly, and so freely poured out for me.

IV. When you thus look upon the blood of Christ, *let your Soul rejoyce in God*; and call upon all the powers of your Soul to joy and to delight in God and Christ. Oh! *Can you think* that by this blood you are justified and pardoned, and not rejoyce? That you are redeemed and reconciled by this blood, & not rejoyce? Is it *possible* you should feel the quickning power, & comforting influences of this blood, & not rejoyce? Is it *possible* you should believe that this blood is pleading for you, and not rejoyce? *O Lord, my Soul doth joy in thee; my Soul doth magnifie the Lord my Redeemer. Oh how good it is to be here! Oh what comfort is this my Soul is thus delighted with! Oh what joy is this I feel so warm about my heart! There is no joy like unto it, I never found any like unto it.*

V. When you thus consider the blood of Christ in all those Excellencies, Oh then *be grieved that you have so long neglected it!* That you did that which was the cause why precious blood was spilt; that you should thrust your Sin into his Side, to fetch this blood from his very heart. *Oh Lord, was I the cause this blood was shed? Was it*

my

my pride and vain-glory, that did set a Crown of Thorns upon this Crucified bleeding Christ? Was it my unbelief, and my apostacy from God that broached his blessed heart, from whence I see these streams of Blood so plentifully gushing forth, that I may be washed therein, and justified thereby? What, was I the cause of it, and yet, must I have the benefit of it? Did Christ suffer me to murther him, and stab, and pierce his very heart, and then pardon me, and save me when he had done? O Lord, my Soul is grieved, my heart is sorrowful: O that I had never sinned! Lord, I hope if my sins were undone again, I should never do them. Oh that since this blood is shed, it might fall upon my heart, that it may be dissolved into tears! Oh that my eye may weep, when I see my Saviour's heart to bleed. Oh that my heart may be rent asunder, when I see my Saviour's flesh to cleave asunder, that this blood may issue forth.

Is this Blood such quickning Blood? Then, *Lord, I am ashamed that my heart hath been, and is so dull; that I have brought such a dead heart to behold my dying Lord: But if it be a quickning Blood, then, O that I might feel and find it to be so?*

Is this such pleading Blood? Then, *Lord, what did I mean, when I did plead so long against it? When I framed Arguments and Excuses to keep me from coming under the power and influence of it!*

Is this indeed such mortifying Blood? Oh then, *what did I do when I did neglect to bring my lusts unto it, but to consult how they may live, when Christ had dyed that they may be subdued?*

Is there so many precious Excellencies in this Blood of Christ? *Oh sinner, wretch, and fool that thou art, that did prefer any thing, every thing so long before it, and have so often trampled it under foot.*

But

But must I joy and sorrow too? Will not either sorrow keep me from rejoycing, or rejoycing prevent my sorrowing? No, both these may be, both these *must* be: This mixture, medly of Affection, doth well become a Believer at the Lord's Table. You may mourn that your sins did put Christ to death, and yet you may rejoyce that Christ hath, would die for your sins.

V. When you thus consider the Blood of Christ then let your Soul *hate and abhor your sin that was the cause of its effusion*, and would have hindred (if mercy had not prevented) its effectual, timely application. Oh that now your heart might rise against your sins, and that you might hate them while you live, with a perfect and implacable hatred! You do not love to see the Knife that killed your Friend, and will you love to think upon that Sin that killed your Lord? Or will you ever do it with delight? *Oh, hadst thou any Love unto thy Lord, Oh my Soul! thou couldst not then but hate thy Sin. Oh now my Soul! be wrought up to a heightened resolution, with greatest indignation and abhorrence to cast away thy sins. Now, Lord,* I *see that thou hast loved me, and* I *will have my sins; and the more* I *taste of the sweetness of the Blood of Christ, the more that will cause my Soul to hate my sin.*

Thus I have given you my thoughts for your satisfaction in this Question. How you should consider the Blood of Christ in the Sacrament, and have your Graces exercised when you so consider it?

CHAP.

CHAP. XIII.

Conclusion 5. Shewing the neceſſity of Examination after the Sacrament.

THat ſuch as are partakers of the Lord's Supper, ſhould enquire after Participation, what benefit they have received thereby.

There are ſome that before the Duty, take no pains to prepare themſelves, and after the Duty do not reflect how they went, nor enquire what is that they got. *After Reflection* is neceſſary as well as *Previous Examination*. What good have I got? ſhould be a Queſtion we ſhould put to our ſelves after every Duty we do perform. Had I any warmth of affection in it? Have I any more love to God, more deſires after him, more ability to duty, to bear affliction, to reſiſt temptation, to walk with God? This you ſhould do after every Prayer you make, after every Sermon you hear, at the end of every Sabbath, and after every Sacrament you receive. For want of this Reflection, theſe evils follow.

Firſt, for want of this, many *think they be better, when indeed they be the worſe.* For want of ſtrict and narrow Examination *before* the Sacrament, they think they have Faith in Chriſt, Love to God, and Repentance for their Sins; but what they had was but a Counterfeit of Faith and Love, and other Graces, as Hypocrites may have; ſo for want of Reflection *after* the Sacrament, they might think they had ſome workings of Faith, and Love, and ſorrow for Sin, and joy in God; and yet it

was

was not ſo but ſomething like to theſe, as Hypocrites might ſometimes have in their attendance upon God at his Table, and in hearing of the Word, and other Duties Hypocrites might ſhed many Tears at a Sacrament, and might have ſome flaſhes of Joy through a falſe apprehenſion that this Chriſt did die for them, and hath applyed his blood unto them, and that they are partakers of the benefits of his Death, as Grace, Pardon, Hopes of Heaven, &c. and yet ſhall be for ever damned for not having any of theſe in truth and in reality; and this miſtake is very dangerous, & oftentimes pernicious. In as much as it doth ſtrengthen the *preſumption* of theſe mens hearts, when they do think their Faith is ſtrengthened, & are more confirmed in their falſe hopes of Heaven and Eternal Life, and often go away rejoycing at the thoughts of their good Condition, and yet might lie for ever roaring amongſt the Damned, for their folly and miſtake; and might bleſs God for that which they thought they received from him at the Sacrament, and yet might be for ever caſt from God, becauſe they had not that Grace which they thought they felt working in their hearts therein; therefore After-examination is neceſſary.

Secondly, For want of Examination after the Sacrament, *you will be kept from After-humiliation, and Repentance for your ſins committed at the Table of the Lord.* If you did review and look back upon the frame of your heart, and find you have miſcarryed in your work and management of your Duty, you ſhould ſee what cauſe you have of lying low before the Lord for ſo great a Sin, as to get no good by ſuch an Ordinance, that tends ſo much

much to promote the work of Grace in the hearts of them that come worthily to the same. Your Heart, when the Minister broke the Bread, was not broken for your sin; When you took the bread, your heart was dull and dead, and did not reach forth the hand of Faith, to lay hold upon Christ and his Benefits, and apply them to your self, and so did play the Hypocrite before God and your fellow Communicants: When the Wine was poured forth, and you saw how Christ did shed his Blood for sinners, you could not drop a Tear for your sins that caused it; or if you did, it was not from a heart sensible of your sin, or of Gods Love unto your Soul; when you took the Cup and drank thereof, you did not remember Christ as you should have done: And while you were present at this Table, your mind was filled with distracting Thoughts, and your thoughts were wandering when they should have been fixed on God and Christ: And how shall you be humbled for this, if you do not reflect, that you are guilty of such sins? And how shall you confess this before the Lord upon your Knees, when you do not afterwards consider how it was with you at that time; And how great a Sin is this, and how bad is your heart, neither to be affected at the Table of the Lord, nor to be afflicted in your Soul after you are gone, that it was not so with you! This was your sin, while you were there, that you got no good thereby, and this is also your sin, that you do not bewail it when you come away? Whereas it should be lamented from one Sacrament to another, that your heart was indeed so bad and out of frame, when it should have been Delighting in God, and

Loving of God, and ſorrowing for your ſin.

Thirdly, For want of examination after the Sacrament, *you might receive good, and not perceive it, nay, perhaps deny it.* As many have Grace, and yet think they have none; ſo many here might receive good, & yet think it is not ſo: You go away and ſoon forget the workings of God upon your heart, and the workings of your heart towards God; and ſo are tempted to believe it was no otherwiſe with you, than it may be with Hypocrites in this Ordinance: And becauſe you do not ſeriouſly conſider, and faithfully keep in your remembrance the experiences you had from God, while you were there, you yield to this temptation when you are come away.

Fourthly, For want of reflection after the Sacrament, *you are not ſo thankful after the duty is done for what you did receive, as elſe you would be.* Many Hypocrites go away and rejoyce when they ſhould mourn; and many gracious ſouls go away and mourn, when they ſhould rejoyce; and both becauſe they do not afterwards reflect upon the inward working of their hearts, to judge of them according to what indeed they were; God did come into your heart and humble it; God did come into your heart and break it; God did come into your heart, and cauſed it to abhor your ſin, and to long after Chriſt, which you ſhould remember while you live, to adore the riches of his Grace, that he ſhould look upon ſuch ſin and duſt as you are, and cauſe you to feel ſuch operations of his ſpirit, that every time you go into ſecret, you ſhould give him thanks for theſe his workings upon your heart: But how ſhall this be done, if you do not often reflect how it was with you, when you were there?

Fifthly

Fifthly, For want of reflection after the Sacrament, *you will oftentimes take up with the bare performance of the duty, and rest in the work done*; and rest satisfied that you have eat and drunk at the Table of the Lord, tho' you have not eaten the flesh of Christ, nor drunk his blood; and it is too great a sign that you rest in the work done, when you do not consider afterwards how you have done it, nor enquire, Did I please the Lord while I was eating? Did I please the Lord while I was drinking at his Table? Did I eat in Faith, and drink in Faith? Did I find God coming down into my Soul by his Grace and Spirit and my Soul ascending up to God by Faith and Love?

Sixthly, For want of this reflection after the Sacrament, *you will not be so earnestly desirous after renewed opportunities of Receiving, nor have such longings in your Soul to come again*. One would think that the entertainment which God gives unto his People at his Table, the smiles that there they see in his Face, the love that there they perceive to be in his Heart, and the Favours there they receive from his Hands, should stir up in their hearts such earnest breathings in these. Oh when might I come again! Oh when shall I be thus refreshed again! Christ was exceeding sweet unto my soul, his Comforts were delightful to my heart; Oh when shall I return again unto this Table, that I might have more of that which on such a day I found! But if this be so much out of your thoughts, the other will be too much out of your desires.

Seventhly, For want of this reflection after the Sacrament, *you will be less experienced, and less acquainted with the workings of your own hearts*. If

you reflect upon what your heart did promise when you were there, and how you have come short of your promise, how your heart did work in hatred unto sin, and how afterwards (if it be not strictly watched) it will be ready to consent and yield unto it; if you thus compare your self, what you are at the Sacrament, and what your heart would be if not heedfully observed afterwards, you would be more acquainted with the deceitfulness of your own heart.

Eighthly, For want of this reflection after the Sacrament, *you will be fuller of doubts, and more empty of comforts than else you would be.* Sometimes God did so powerfully work upon your heart when you were at his Table, in drawing forth your love to him, your hatred to, and sorrow for your sins, that you could not deny that you had grace: But at another time you might lose the sense of this, when it might not be so with you, & then the Devil doth assault you, to perswade you that you have no grace, because now you do not feel the workings of it; but if you would reflect how it was with you such a time at the Sacrament, you might repel this temptation: Tho' I do not now find the lively workings of my love to God, yet at *such a time* in the Sacrament I did; though *now* I do not find my heart to break, but is dull and out of frame, yet *such a day* in the Sacrament I did; Then I found my sins my burthen, and the breaking of my heart; Then I did feel my heart to burn in love to God & Christ; and this will help to resolve your present doubts, & to expel your present fears, and to resist this temptation of the Devil: But if you do not reflect, you might lose so good an evidence of the truth of your grace.

Ninthly

Ninthly, For want of this Reflection after the Sacrament, *you will be a grief to the Spirit of God*, whether you did meet with God or no; whether it was well or ill with you when you were there; *If you did meet with God*, and if he did comfort your heart, or humble you for ſin, and do not reflect, you grieve the Spirit of God, that he was ſo kind and loving unto you, and you ſo ſoon forget it, to be thankful for it; *If you did not meet with God*, and do not reflect, you grieve the Spirit, that though he abſented himſelf from your Soul, you do ſoon forget it to be humbled for it.

Tenthly, It argues your end *was not ſo right as it ſhould have been*; had you aimed indeed at Communion with God, and encreaſe of Grace, would you not enquire whether you had attained your end?

Eleventhly, It argues *great careleſneſs of heart*, and too great a ſlighting of the benefits of the Sacrament; did you eſteem them, you would enquire whether you had enjoyed them.

Twelfthly, It argues *you are not ſo wiſe for your Soul, as you are for your Body*; not ſo wiſe for the things of Heaven, as for the things of this world; for after you have been trading for the things of this Life, you will caſt up your Accounts, to ſee what are your gains, and what is added to your ſtock.

Thirteenthly, *This will provoke God in after-duties to withdraw from you*, and to deny that to you in following Ordinances, which you would not ſo much as enquire whether you had got in former Duties.

Fourteenthly, *You may decline in Grace, and be*

on the loosing hand, and not easily and quickly perceive it, and fall into a frame of dulness before you are aware.

Therefore let it be your constant practice, as to examine your self before, that you may know your fitness for this Duty; so to examine your self afterwards, that you may know whether you are the *better* or the *worse* by this Duty; for every one is made better or made worse by coming to the Lords Table. Physick makes the Body better or worse; all God's Ordinances will have their operation. The word is a savour of life or death to every one that hears it, 2 *Cor.* 2. 15, 16. So many are the worse by coming to the Lords Table, 1 *Co.* 11. 17. *You come together not for the better, but the worse*; That you are not better, is *satis culpabile*, sufficiently blame worthy; but that you are the worse, this is *mali auxesis*, the aggravation of your sin. *Grande id nefas, quando medicina non modo non proficit ægro, sed in venenum vertitur.* It goes ill with that Man whose Food and Physick is turned into poyson, and proves to be his bane; not for his profit, but his detriment.

Here for your satisfaction, I shall enquire after these things,

1. *What are the causes that some go to the Lords Table, and receive no benefit thereby?*

2. *How may a believer know when he doth receive benefit thereby?*

3. *What must a believer do, if upon this search he findeth some advantage by this Ordinance? And what if he doth not.*

CHAP.

CHAP. XIV.

Containing the Reaſons why ſome receive no benefit by the Lords Supper.

THE Reaſons why ſome are not the better by going to the Lords Table, are ſuch as theſe.

Firſt, Becauſe *they are not habitually prepared for it*; they have not thoſe neceſſary qualifications, nor habitual graces that muſt be in that mans heart that ſhall be benefited by the Sacrament; they had no life, & therefore are not capable of growth & nouriſhment. Growth of grace ſuppoſeth truth of grace: They that have not firſt received a *whole* Chriſt in the Goſpel in all his Offices, cannot receive a *broken* Chriſt in the Sacrament; They are not united unto Chriſt, & where there is no union, there can be no communion; they are not ingrafted into Chriſt; and therefore they receive no fruit from the Croſs of Chriſt; all the benefit that muſt come in by the Sacrament, muſt be by the exerciſe of grace, of faith, and love, and ſorrow for ſin, *&c.* but they that have it not, cannot exerciſe it.

Secondly, Becauſe *many that are habitually prepared, may be too ſlight in actual preparation*; They did not ſeriouſly, throughly ſearch their hearts and lives, nor enquire after their ſins and wants; they do not ſolemnly, but ſlightly pray to God before hand. They do not quicken their hungrings after Chriſt, nor go with great, believing

expectations of receiving great things from God in this duty.

And God will check you at his Table, by withdrawing himself from you, for your neglect before you came: It may be you were busie about the world, when you should have been preparing for your Duty; It may be you were in your Shop, when you should have been in your Chamber, or your closet; It may be God saw you reading your Account book, when you should have been reading the History of the death of Christ in the Book of God, and should have been studying the Book of your own heart; God saw you thinking of the world, when you should have been endeavouring to have warmed your heart in the believing thoughts of the Love of God, in the great transactions of Man's Redemption.

Thirdly, Because *after diligent actual preparation, you have rested in your foregoing duties, and expect that for your preparations sake, which you must only receive for Christs sake.* It is hard to make diligent preparations, and then deny them when we have done, and expect all through Christ, and after our most serious preparations, to acknowledge them as nothing, and that it will be free Grace if God discover himself unto us at his Table. Sometimes you may observe, that after greatest enlargments in secret preparation, you have been most straitned in the duty; Not that God is displeased with your diligence in preparation, but that you lay too great a stress upon your previous duties, and mounted them up above their place, and would have made a Christ of your duties, and would have detracted from the merits of Christ, in hoping that from God, because

because you had prepared, which you must only hope for, because Christ hath died; Not but that you may, and ought to look after your Prayers which you make, and see what returns the Lord doth give you; but there is a difference between an expectation of good things from God, *according* to your prayers and preparations; and between an expectation of good things from God *for* your prayers and preparations; and yet you may disclaim this in word, and in your heart secretly too much rely upon them.

Fourthly, Because *God is offended that some sweet and secret sin is too much favoured.* Though there might be no reigning sin in you which is inconsistent with the state of grace, yet there might be too much connivance and favour shewed to some particular Sins: The reason why God smiles no more upon your Soul at his Table, may be, because you frown no more upon your sins. God shews no more mercy to you at his Table, because you shew no more severity against your sin; and must not God take it unkindly when you come to commemorate the death of his Son with too much kindness in your heart to sin, that was the cause of his death?

Fifthly, Because *you were too remiss; and let down your Spiritual Watch in the time of receiving.* You lost holy time at the Holy Sacrament by entertaining of, and being filled with vain distracting thoughts; when you are there, you should be careful to do nothing else. And to think of nothing else, but what is pertinent to the duty you are ingaged in; your own heart will be frequently straggling if you do not keep it, and the Devil will be injecting thoughts of things of another nature,

or will fill your minds with thoughts of holy things, but not penitent to your preſent work: And if you would receive benefit by your receiving, you muſt ſay to Satan, as *Nehemiah* to *Sanballat*, when he would have diverted him from building of the wall, *Neh.* 6. 2, 3, 4. *Sanballat* ſent to him, ſaying, *come let us meet together in ſome one of the villages; but they thought to do me Miſchief. And I ſent Meſſengers to him, ſaying, I am doing a great work, ſo that I cannot come down; why ſhould the work ceaſe, while I leave it and come to you? Yet they ſent unto me four times after that ſort, and I anſwered them after the ſame manner.* When you are receiving, the Devil would parley with you, but it is to do you miſchief, therefore reply unto him, I am doing a great work, ſo that I have no time to entertain thy ſuggeſtions. O mine enemy! I have other things to think upon; here is the death of my Lord, and his love in dying for me, to think upon; and why ſhould this work ceaſe, while I entertain thy ſuggeſtions? So far as your thoughts wander, ſo far your work at the Lord's Table ſtands ſtill. And if Satan ſollicite you four, or more times, ſtill anſwer after the ſame manner; be as conſtant in reſiſting, as he is in ſoliciting, and you will find benefit by the duty, if you ply your work when you are there.

Sixthly, Becauſe *you have not conſciencioufly endeavour'd to live up to reſolutions made in former receivings.* Did you not there promiſe, if God would pleaſe to manifeſt himſelf unto you, and warm your Heart, and pardon your ſin, and ſpeak peace unto your ſoul, you would carefully avoid the like Tranſgreſſions? that you would reſiſt Satans Temptations, and be better in every relation

relation, and fill up the duties that God requires at our hands? That you would pray more, and pray better; that you would take heed of after-passion, if God would pardon your former passion? And yet you have come short of all this, not only through unavoidable infirmity, but through carelesness and letting down your Spiritual Watch. When the Temptation hath assaulted you again, you have quietly yielded again, and God hath seen as much uncircumspection in your Conversation as before; and do you think the next time you do receive, that God will not make you go away without the comfort of his Ordinance, who deny to him the care of your conversation? If you would have God to do you good by his Ordinances, you must walk so holily, when one Ordinance is over that you may meet with God in another, or in the same at another time.

CHAP. XV.

Shewing how we may know whether we get good by coming to the Lord's Supper.

THat you may know whether you receive benefit to your Soul by coming to the Lord's Supper, you must be careful that you do not Mistake; To prevent which let me premise.

First, Take heed that you do not conclude, *you have no benefit at all, because you have not so much as you perceive some other Christians to have:* For Gods discoveries to his People are arbitrary and gradual

gradual, when he will, to whom he will, and in what measure he will.

Secondly, Take heed that you do not conclude, *you have no benefit at all, if you have not so much as you hoped for, or expected.* You aimed at much and found but little, yet do not say it was altogether an empty Ordinance to your Soul.

Thirdly, Take heed that you do not conclude *you have no benefit at all, if you have it not in that particular and kind that you looked for:* It may be you may aim at a great deal of comfort and joy when you went; and God may deny you that, and make you to sorrow and be broken more for your sins; this is spiritual benefit, though not in that way as you looked for it.

Fourthly, Take heed you do not conclude the Sacrament *doth you no good at all, if you do not sensibly perceive it in the very act of receiving,* or while you are actually under the Ordinance: To have no benefit by it then, is very sad and uncomfortable; but yet limit not the efficacy of the Ordinance only to the time of receiving, but observe how it works with you after it is past, it may be sometimes you may mourn more, and rejoyce more afterwards than when you were at the Table. Now to resolve your doubt, consider, *you do get real benefit by the Lords Supper.*

First, When you find *your heart thereby more strongly engaged to inward and universal Holiness.* When you feel your heart more obliged to walk with God with more circumspection and care than you did before.

Secondly, When you find *your Faith is more increased,* you can rely upon Christ more fiducially than you could before; when you went, you did purpose

purpose to take Christ upon his own terms, but when you come away, your purpose is more setled, and you are more resolved in Christ's Way, to venture the everlasting concernments of your Soul upon him.

Thirdly, When you find *your love to Christ hereby to be more inflamed*; You loved him truly before, but now you love him strongly; your Soul is sick while he is absent, but when he is with you, you are satisfied, he now dwelleth more in your thoughts than before he did, a sign you love him more than before you did.

Fourthly, When *Communion with God in the Sacrament is obtained*, and God gives you the meeting. The Ordinance then will certainly do you good, when you find your grace go forth in exercise towards God, and the spirit of God breathing upon your Soul by the powerful influences thereof affecting of you.

Fifthly, When *your Spiritual Delight and Joy in God and Christ is more raised*; Before you did delight too much in the world, and in your Friends, and in your Riches, and less in Christ; but now more in Christ, and less in these; when you think of God, you can rejoyce; when you speak of Christ, your Soul triumpheth in him.

Sixthly, When *your Soul under the sight and sense of sin is more deeply humbled*. If you have not Joy in a Sacrament, yet if you have more ingenuous sorrow for your sin, God hath done you good thereby; If you do not come away with a rejoycing heart, yet if you come away with a weeping eye, proceeding from a truly contrite Spirit, bless God for his mercy to you in that Ordinance.

Seventhly, When *Corruption and Sin is more hated*

hated, and becomes more loathsome to your soul: When the thoughts of sin are more loathsome to you than the actings of it formerly were; when you groan more under the weight and load of sin, and do set your self more resolvedly against it,

Eighthly, *When your desires after full enjoyment of God and Christ in Glory are more enlarged*: Here you feel the workings of his Spirit, that makes you long to behold his Face in his glorious Kingdom, that the little taste you have of Gods manifested love unto your Soul, makes you almost impatient till God shall take you to himself.

Ninthly, *When your heart is more suspected*, and you walk with a greater Holy Jealousie, that you do not lose the end of your going; and that you have a holy fear, that you break not Covenant with God, when his vows are upon you.

Tenthly, *When you set a high Valuation and Esteem upon this ordinance, and prefer it before your necessary food*, and find that your Soul desires, you may come again for this very end, that you might meet with more of God another time.

Eleventhly, *When you are more strengthened and emboldened to undergo the loss of all things for Jesus sake.* When you see how Christ hath suffered for you, even unto death, you now count not your very life too dear to lay down for Christ.

Twelfthly, *When you come away truly thankful for what you had, and truly sorrowful you had no more*; if you come away sorrowful, thinking you have not met with Christ, that very sorrow proves you did meet with Christ, else you had not sorrowed when you think you missed of him. By such things as these judge.

CHAP.

CHAP. XVI.

Shewing how we are to Live after we have been at the Lord's Supper.

IF you did find no benefit, then do these three things.

First, Examine *what may be the cause* why God with-held the benefit of the Ordinance from you: Why it was, it proved an empty duty unto you.

Secondly, *Greatly bewail this before the Lord*, that through your own miscarriage, you should lose the great advantage that might have been received.

Thirdly, *Labour to feel the benefit of the Sacrament by repentance, and exercise of Faith upon Christ, when the Duty is over*; and pray for the efficacy of it.

If you have had good success, do likewise three things,

First, *Give to God the Glory of it*; take you the Comfort, give God the Glory.

Secondly, The *more good you get, the more frequent it*: It is good to be often there where you meet with God.

Thirdly, *Let your conversation after the Sacrament witness the good that you receive in and by the Sacrament*; You say so, live so, that all may see it; and holy, suitable conversation, in living up to Sacramental Obligations, will convince your self and others, that there is some real good, that you do get by attending upon God therein.

But alas! How few do live as becometh those that have been at the Table of the Lord! If you did but listen to their discourse as soon as they are gone from this Ordinance, you shall hear some talking presently of the world, or of something impertinent to what they have been about; If you did but follow them from the Lords Table to their own, what unsavoury words should you hear from them! How frothy and vain is their discourse! And if you observe their actions, even upon the same day, and sometimes in the same hour that they have been eating and drinking at the Table of the Lord, you would perceive that they have presently forgot where they have been, and what they have been doing, and the obligations that there were laid upon them to live better. You should see one drunk with passion, another filled with carnal Mirth, another careless in the after-duties of the Sabbath; trace them in their lives in the week following, and you shall see them as worldly, as vain, as negligent as others that never had been at such an Ordinance.

Therefore that *I* might be instrumental (and oh that *I* may) to stir you up to live as becomes those that frequent the Lords Table, *I* shall speak to these three things.

First, *Why you should give all diligence in endeavouring to live suitably to the obligations laid upon you at the Table of the Lord.*

Secondly, *How you should live and walk after the Sacrament, that your conversation might be suitable to your Sacramental Obligations.*

Thirdly, *What are the Aggravations of this sin, in not living as becometh those that have been at the Table of the Lord.*

First,

First, *It* requires your utmoſt diligence to endeavour to live ſuitably to the Sacrament, if you conſider.

1. *That your priviledge is greater than the privileges of many others*, whom God doth not invite nor call (while ſuch) to come unto his Table. God honours you above the wicked in the world, above the ungodly and prophane; and the greater your priviledge and dignity is, the greater ſhould your diligence be in living up to after-duties. *Mephiboſheth* eſteemed it a great dignity and favour that he ſhould eat bread at King *David*'s Table, 2 *Sam.* 9. 7, 8. And is it not a greater dignity to eat of the Bread of Life, at the table of the King of Heaven?

2, *The Devil will be aſſaulting you with new temptations, to draw you unto ſin, after you have been at the Table of the Lord.* If God hath ſpoken peace unto your Conſcience, the Devil will be endeavouring to break your peace; If you have got a pardon of your old ſins, he will be tempting you again to the commiſſion of new; and the greater diſcoveries you have had of God, when you were there, the greater will his temptations be to draw you into ſin, when you come from thence. When Chriſt was baptized, and God had owned him, by a voice from Heaven, then he was tempted by the Devil, *Mat.* 3. 17. & 4. 1. And if the Devil will be diligent to tempt you after ſuch a Duty, ſhould not you be diligent to reſiſt him? Or, if you be not, is it not likely you will do ſomething that will be unbecoming one that hath been at this Ordinance? Let your ſelf be Judge.

3. *You are to go again in the following Week unto your worldly buſineſs and employments*, and to trade in things below; and how ſoon will you loſe the

ſenſe

ſenſe of God's love, and the ſweet delights your Soul was filled with, by dealing in the word, if you are not watchful?

4. *Your own heart is apt to grow cold and dull again, after you have been warmed and heated in the Sacrament*; Therefore you muſt be diligent after ſuch a duty. The water that is heated by the fire ſtill retains a principle that reduceth it to its former coldneſs, when it is removed from the fire? and ſo doth your heart.

Secondly, if you would walk and live as becometh one that hath been at the Table of the Lord, you muſt:

1. *Endeavour to live and walk as Chriſt did* when he was here upon the Earth. When you have been commemorating Chriſts death, you muſt come away purpoſing to imitate his life. For as Chriſt in his ſufferings hath left us an example how we ought to ſuffer, 1 *Pet.* 2. 21. So Chriſt in his life hath left us an example how we ought to live, 1 *Joh* 2. 6. Then you will walk ſuitably to that Ordinance, which is a Commemoration of Chriſts death, when you tread in his ſteps while he lived upon the Earth.

2. *Walk and live as one that is redeemed by the Blood of Chriſt ſhould live.* In the Sacrament you have ſeen the greatneſs of the price that was paid for you to redeem you from the Torments of hell, from the wrath of God, the curſe of the Law, the power of ſin: Here it is, you ſee you are redeemed and bought, and therefore you are no longer your own, but His that died for you; 1 *Cor.* 6. 19.— *And ye are not your own*; ver. 20. *For ye are bought with a price*; *therefore glorifie God in your Body, and in your Spirit, which are Gods.*

Oh

Oh how ſhould a man redeemed from eternal torments walk and live?

3. *Walk and Live as one that hath been ſealed up to the day of Redemption ſhould live.* In the Sacrament you do not only ſee that you are redeemed, but alſo that you are ſealed unto the day of Redemption: You are aſſured of Heaven and eternal Life, and Oh how ſhould a perſon that in the Sacrament hath had the ſeal of the Covenant of grace aſſuring him of Life and Glory, walk and live!

4. *Walk and live as one to whom the Lord hath ſpoken peace ſhould live.* In the Lords Supper God hath told you, he is reconciled unto you; he hath ſaid unto you, my Son, my Daughter, *be of good cheer, thy ſins be forgiven thee*; Then go and live as one pardoned by the Lord ſhould live!

5. *Walk and live as one that hath renewed his Covenant with God ſhould live*; Be as ſtrict againſt ſin after the Sacrament, as you did purpoſe when you were there. God hath avouched himſelf to be your God, & you have avouched your ſelf to be the Lords, then live accordingly.

6. *Walk and live as one that hath ſeen ſuch ſight at a Sacrament as you have ſeen.* Here you have ſeen the dreadful wrath of God againſt ſin, the ſeverity and the ſtrictneſs of his Juſtice againſt ſin; Here you have ſeen the evil of ſin, and the deſerts thereof; here you have ſeen what a precious thing the Soul of man is, by the price that was paid for it: Here you have ſeen the love of God and Chriſt to poor ſinners, then live with that fear of ſin, with that care of your immortal precious ſoul, with that diligence to pleaſe and love God, as one that hath ſuch ſights ſhould do.

But more particularly.

1. After

1. After you have been at the Table of the Lord, *you must make conscience of abstaining from those sins that there you did bewail*, that there you sorrowed for; To weep for sin at the Sacrament, and to indulge it when you come away, is great Hypocrisie. Will you (while there) seem to be grieved for your sin, and yet afterwards be unwilling to forsake it? Did you resolve against it, or did you not? If you did not, the Lord forgive you, your sin is great, and your love to sin was great, when you would not so much as purpose to leave your sin, nor resolve against it; no, not when you saw what Christ hath suffered for sin; if you did, then do as you did purpose, and resolve; especially watch most against that sin, that you have oftenest found prevailing against you, that your heart is most ready to yield unto, and your Conscience did most reproach you for when you were at the Table of the Lord. Your endeavour must be against all sin, but chiefly against your chiefest sin. Oh never smile upon your sin, which you see hath put to death your Lord the Prince of Life!

2. *After you have been at the Sacrament, be conscientious in discharging of other duties, which this Ordinance doth engage you to.* Yield Obedience to the Commands of God, which he hath given you to be the rule of your Life; This was your duty before, but now there is another bond to tie you to it; there is a *superadded* obligation laid upon you so to do; and your neglect and disobedience will be more hainous if you do not.

First, Be more frequent and more fervent in *your secret Addresses unto God.* Besides your worshipping of God in your Family (which some that come

come to the Table of the Lord, do ſhamefully neglect) be much with God alone. Oh how ſhould you love and delight to have Communion with God in ſecret, when no eye doth ſee you but the Eye of God, whom you have ſeen in the Sacrament, hath given his Son to you and for you!

Secondly, *Labour after growth in Grace:* This ſhould have been in your deſires before you went, and it ſhould be your endeavour when you come from thence, to have more love to God than you had before, to have ſtronger Faith in Chriſt than you had before, to have more delight in God and Chriſt, and more ardent deſires than you had before.

Thirdly, *Be more reſolved to ſuffer, and to die for Chriſt, than you were before.* At the Lords Table you have ſeen what Chriſt hath done and ſuffered for you, be you thereby more reſolved not only to do, but to ſuffer alſo for his ſake: Be not only more eminent in your active, but more patient in your paſſive Obedience than before.

Fourthly, *Live in love with all that are partakers of the ſame benefits with you.* Yea, in this Ordinance you have an example of loving your very Enemies as Chriſt did when he died for you; but a more ſpecial and peculiar Love you are taught to have to all the Members of Chriſts Myſtical Body, when you ſee in this Ordinance, how Chriſt hath loved them all, *Eph. 5. 2. Walk in love, as Chriſt alſo hath loved us, and hath given himſelf for us, an offering and a ſacrifice to God for a ſweet ſmelling ſavour.*

Fifthly, *Be not ſo afraid to die, after you have ſeen the death of Chriſt in the Sacrament repreſented to you.* Chriſt hath conquered this Enemy, he hath made Death your Friend, to open the door to you, that

you

you may go and live with him who hath died for you.

Thirdly, If you do not live as becomes one that hath been at the Table of the Lord, consider the greatness of your sin in these aggravations of it. If you live a loose and carnal life, after you have partaken of this Ordinance.

1. *You break covenant with God*, and those promises which you made to him of better obedience; you did again resign your self to be the Lord; If you did not, that was your sin; if you did, and do not answer it in your life, this is your sin.

2. *You dishonour Christ*, if you live not suitably to this Ordinance; you profess your self to be one of his Disciples, else what did you there? If you be, and do not live accordingly, you dishonour him whom you there have seen so much vilified and reproached by others for you, and yet shall he be reproached by others by reason of you?

3. *You do grieve the Spirit of God*, if you live not holily after the Sacrament; Did not the Spirit of God come and bear you witness that you were a Son of God, and did secretly and powerfully perswade your heart, that God through the death of his Son was reconciled to you, and that your sins were pardoned, and that your Soul should be saved when you die; and must not this be a grief unto him to see you walk so unworthy of his love?

4. *You discredit your profession*, and cause the Holy ways of God to be evil spoken of, if you lead not an holy life after you have been at the table of the Lord, those that will not be holy themselves will blame you, and reproach your profession if

you

you be not holy. Such a man goes to the Sacrament, and yet will be unjuſt, and yet i vain in his Diſcourſe, and we ſee but little difference betwixt his Life and ours; and ſo will be hardened in their evil ways, and be prejudiced againſt Religion, by the Unſuitable Converſations of thoſe that do profeſs it.

5. Falling into ſin, which you have purpoſed and reſolved againſt at the Lords Supper, *will more deeply wound your conſcience, and diſturb your peace*; When Conſcience ſhall tell you, You reſolved againſt this ſin, and yet you have committed it; you promiſed to be more watchful againſt the occaſions and appearances of this evil, but you have willingly run into the commiſſion of it, or when tempted to it, you willingly conſented.

6. Unſuitable walking after you have been at the Lords Table, *will cauſe you to loſe much of your holy confidence when you go again.* It will much hinder your application of Chriſt unto your ſelf, that you cannot with that holy confidence ſay, *This Chriſt did die for me*; eſpecially if you be not deeply humbled for your failing before you come again.

7. Unſuitable walking after this Ordinance, *will provoke the Lord to withdraw from you*, and to leave you in a deſerted ſtate, to leave you to the dulneſs & the deadneſs of your heart; to take away his comforts from your heart, and to conceal his love from your ſoul, till you learn to walk more worthy of it.

8. Unſuitable walking after this Ordinance *will be great unthankfulneſs unto God* for the giving of his Son, and all the privileges you have been partakers of by him. It is not your praiſing God with your lips, but chiefly with your lives; not only

only in your words, but principally in your works, that will prove you truly thankful unto God. All that God requires from you, for all the bleſſings purchaſed by the death of Chriſt, and made over to you in the Sacrament, is, that you ſhould be thankful unto him, and to improve them to his praiſe and glory; but you cannot have a thankful heart, if you have not a ſuitable converſation.

Theſe are ſome of thoſe evils and aggravations of your ſin in this reſpect, which you ſhould be careful to prevent; that in nothing you may provoke your God to anger and diſpleaſure, but behave your ſelf *before*, and *in*, and *after* your participation of this holy Ordinance, that God may delight in you through Chriſt, and might welcome you to his Table here, and to his Kingdom when you leave this World; where you ſhall be filled with thoſe delights and joys, of which you have a taſte in this imperfect ſtate at the Table of the Lord.

A ſhort Dialogue between a Miniſter and a private Chriſtian, that deſires to partake of the Lords Supper.

Chriſtian,

SIR, if it will not be an interruption to you in your work, I deſire your advice and counſel about a duty that concerns my Soul.

Miniſter. *It is the work which God hath commited to my charge, to further Souls in their way to Heaven, and direct them in their duty in order thereunto; therefore*

therefore if your buſineſs with me be ſuch, tell me what it is you do deſire?

C. My earneſt deſire is to partake of the Sacrament of the Lords Supper.

M. *Did you never receive this Sacrament?*

C. No

M. *Why have you lived ſo long in the neglect of this ordinance?*

C. Becauſe I have been full of doubts & fears concerning my fitneſs for it.

M. *Have you then got your doubts reſolved? & are you perſwaded that you are an invited Gueſt unto this Holy Supper?*

C. Sometimes I have ſome hopes that God doth call me to it, but ſometimes I fear that I am not yet prepared for it, and therefore I beg your direction what I ought to do.

M. *You know that a Miniſter cannot look into your heart, nor infallibly diſcern, whether you have grace or no; ſhould you not then rather ſearch and examine your ſelf, ſince you may know the ſtate of your own Soul, which another cannot?*

C. I know that no man can know my heart, & whether I be fit before God; but you may take account of my knowledg in order to it, and if I ſpeak the truth, and do not lye (which in the preſence of God, at whoſe Tribunal *I* muſt ſhortly ſtand, *I* promiſe,) while *I* declare to you the workings of the Spirit of God upon my Heart, you may tell me from the Word of God, what my condition is; neither do *I* come to ſpare my pains in examining of my ſelf, but that thereby *I* might be the better inabled for it.

M. *Are you willing then that I ſhould try your knowledge concerning the Lords Supper, and enquire*

into the grounds and reasons of your hopes, why you think you are fitted for this duty.

C. I ought to be always ready to give an answer to every man that asketh me a reason of the hope that is in me, much more to such whom God hath set to watch for my Soul, and especially when I desire to partake of the Lords Supper.

M. Tell me then what is the Lords Supper.

C. The Lords Supper is the second Sacrament of the New Testament, 1 *Cor.* 11 25. instituted by Christ, *Luke* 22. 19, 20. wherein by the signs of Bread and Wine, and the actions that concern the same, *Mat.* 26. 26, 27. we shew forth his death, 1 *Cor* 11. 20. and God signifieth, sealeth, and exhibiteth the Body and Blood of Christ, 1 *Cor.* 10. 16. with all the benefits of his death and passion, to every worthy Receiver, for his spiritual nourishment and growth in Grace.

M. Why is it called the Lords Supper?

C. Not because it is appointed a Supper to us, but because Christ sitting at his last Supper, ordained it instead of the Passover, *Matt.* 26. 26.

M. How long is the Lords Supper to continue in the Church?

C. Till Christs coming in Glory, 1 *Cor.* 11. 26

M. Is it the duty of Believers to receive the Lords Supper?

C. Yes

C. Yes, Else, 1. They disobey Christs Command, *Luke* 22. 19. 2. Slight Christs love in appointing it for them. 3. Neglect a profitable means for their growth in Grace. And 4. Provoke God to great displeasure. *Mat.* 22. 2. to *ver.* 9.

M. Is it the Duty of Believers often to partake of the Lords Supper.

C. 1. Christs Command, 1 *Cor.* 11. 26. 2. The Apostles practice, *Acts* 2. 42. and 20. 7. 3. Their own necessity, being often dull, *John* 20. 9. and often doubting. *Mat.* 28. 17. and often backward to believe, *Luke* 24. 25. or to remember Christs Doctrine about his Death, *Luke* 24. 5, 6, 7, 8. their often spiritual wants, *Phil.* 4. 19. their too often decays in Grace, *Rev.* 2. 4. and 3. 2. their often sinning against God, *Jam.* 3. 2. and their often need of cleansing by the Blood of Christ. *John* 13. 8. 1 *John* 1. 7. and often need of pardon, *Mat.* 6. 12. do require that Believers should often partake of the Lords Supper.

M. Do Hypocrites and Unbelievers eat and drink Christs Body and Blood?

C. No, Such receive only the outward Elements.

M, Is not then their case dangerous?

C. Yes, Because, 1. Their Sin is great, being guilty of Christ's Body and Blood, 1 *Cor* 11. 27.

2. They eat damnation to themſelves, *v.* 29. 3. Are ſickly and do die for this ſin, *v.* 30. For this God caſts ſome mens Bodies to the Grave, and their Souls to Hell.

M. *What courſe then muſt you take to prevent this ſin and danger?*

C. I muſt give all ſerious diligence to prepare my heart for ſo great a work.

M. *Why do you think preparation is ſo needful?*

C. Becauſe, 1. All men are naturally unfit. 2. After Converſion, believers are often indiſpoſed for it. 3. God will come and view his gueſts, *Mat.* 22. 11. 4. We have to do with the Blood of the Son of God. 5. Many Duties here do meet. And 6. God hath made great preparations for us.

M. *How muſt you prepare your ſelf for the Lords Supper?*

C. By a ſerious narrow ſearch of my heart, whether I have thoſe graces which God requires of worthy receivers; and by fervent ſolemn Prayer.

M. *What are thoſe graces which God requires in worthy Receivers?*

C. Knowledge, Faith, Love to God, Repentance, and New Obedience.

M. *Why is knowledge neceſſary?*

C. Becauſe without knowledge the heart cannot be good, *Prov* 19. 2. Nor can a man elſe examine himſelf, or diſcern the Lords Body.

M. *What knowledge is neceſſary?*

C. It is neceſſary to know how we were created, how we fell from God, and how we are recovered.

M. *How were we created?*

C. After the image of God, *Gen.* 1. 17. in knowledge

ledge, Righteouſneſs, and Holineſ, *Col.* 3. 10. *Eph.* 4. 24.

M. *How came we then to be ſo ſinful and miſerable?*

C. By the firſt Tranſgreſſion of our firſt Parents, *Rom.* 5. 12, 18.

M. *Wherein conſiſts the ſinfulneſs of our eſtate, by reaſon of our firſt Parents fall?*

C. In the imputation of *Adam's* firſt ſin, *Rom* 5. 19. The privation of the Image of God which we had at firſt, *Rom.* 3. 10. And in the propenſity of our hearts to the vileſt ſin, *Gen.* 18. 12. and 6. 5.

M. *Can you not declare more particularly the ſinfulneſs of the ſeveral faculties of the Soul, and Members of the Body?*

C. The underſtanding is dark and ignorant, 1 *Cor.* 2, 14. *Eph.* 4. 18. An Enemy to God, *Rom.* 8. 7. Vain, *Eph* 4. 17. The will is ſtubborn and rebellious, *John* 5. 40. *Mat.* 23. 27. Unable to chuſe good, *Phil.* 2. 13. The Conſcience is defiled, *Tit.* 1. 15. In ſome ſeared, 1 *Tim.* 4. 2. Erroneous, *John* 16. 2. Doubting, *Rom.* 14. 23. The heart as hard as an Adamant, *Zech.* 7. 11. 12. The Affections turned from the beſt Objects, the *liking* Affections which ſhould be placed upon God, are towards evil: Naturally men love pleaſure more than God, 2 *Tim.* 3. 4. And Riches, *Mat* 19. 21, 22. And themſelves, *Mat.* 10. 24. And their Relations, *Mat* 10. 37. And deſire any thing rather than God and Chriſt, *Iſa.* 53. 2. *Job* 21. 14. And delight in evil, not in God, *Proverbs* 2. 14. Their *diſliking* Affections which ſhould be againſt Sin, are againſt God: *Haters* of God, *Rom.* 1. 30. *Grieving* at God's Goodneſs to

others, *Mat.* 20. 11. to 16. The memory apt to forget good, *Heb.* 12. 5. *Deut.* 1. 10, 11, 14. To remember evil, *Ezek.* 23. 19, 21. And when it remembers good, it is for a wrong end, *Mat.* 27. 63. So all the members of the Body are instruments of sin, *Rom.* 6. 19. Eyes are full of Adultery, 2 *Pet.* 2. 14. Feet swift to sin, Throat, Tongue, Lips, Mouth, full of sin. *Rom.* 3. 13, 14, 15.

M. *Wherein will the knowledge of this sinfulness of man be useful to you when you go to the Lords Table?*

C. It will be an help to break my heart when I am there, that I should be such a bundle and lump of sin; to feel a need of Christ, and to admire the Love of God in sending his Son to die for such a filthy, loathsome, and polluted wretch.

M. *What is the misery of that estate into which Man fell?*

C. The punishments that are due to Man for sin, are, 1. All *Temporal miseries*, as Gods Curse upon the Creatures, *Gen.* 3. 17. *Rom.* 8. 20. Upon his Estate, *Deut.* 28. 17. Children, *v.* 18. And all he takes in hand, *v.* 20. Sicknesses, as Plague, *v.* 21. Consumption, Fever, Agues, *&c. v* 22. 27. *Levit.* 26. 16. Famine, *Deuter.* 28. 22. 23, 24. madness, *v* 28. Death, *Rom* 6. 23. *Gen.* 2. 17. and 3. 19. Yea, all the Curses that are written in the Book of God, *Deut.* 29. 20, 27. And that are not written, *Deut.* 28. 16. 2. *Spiritual Miseries.* By Nature man is dead in sin, *Eph.* 2. 1. A Child of Wrath, *Ephes.* 2. 3. And of the Devil, *John* 8. 44. Loathsome to God, *Ezekiel* 16. 5. A Stranger to him, *Ephes.* 2. 19. Under blindness of mind, *Isa.* 6. 9. In danger of Hell, but

but doth not see it, *Rom.* 11. 8. Nor fear it. *Deut.* 29. 19. Insensible of sin, *Isa.* 48. 4. But sometimes filled with such horrour of Conscience, that he is weary of his Life, *Gen.* 4. 13, 14. And will die by his own hands rather then bear it, *Matt.* 27. 3, 4, 5. Hath a Reprobate Mind, *Rom.* 1. 28. And vile Affections, *Rom.* 1. 26. Is under the power of the Devil. *Ephes.* 2. 2. And of lust, *v.* 3. And is prone to unnatural wickedness, *Gen.* 19. 5. Indeed this is his misery, that God is angry with him every day, *Psal.* 7. 11. And that nothing he can do, doth please God. *Rom.* 8. 8. 3. *Eternal miseries*; As banishment from the comfortable presence of God for ever, *Matth.* 7. 23. 2 *Thes.* 1. 9. The pains of Hell, *Rev.* 20. 15. In a Lake of Fire and Brimstone, *Rev.* 21. 8. That never shall be quenched. *Mark* 9. 44. With the company of cursed, tormented, and tormenting Devils, *Mat.* 25. 41. Where the Worm shall never die, *Mark* 9. 46. And the Torment shall be easeless, *Luke* 16 24, 25. Remediless, *verse* 26. Endless, *Rev.* 14. 10, 11.

M. Wherein will the knowledge of this promote your fitness for the Lords Supper?

C. It will make me the more importunately to cry for mercy, *Luke* 18. 13. To see my need of Christ, *Mat.* 9. 12. To hasten to him, and believe on him, *Acts* 16. 29 to 35. To value Christ above all, *Phil.* 3. 7, 8. To confess my sins, *Luke* 15. 18. and to grieve for them, *Acts* 2 37.

M. By whom are you recovered from this sin and misery?

C. By Jesus Christ alone, *Acts* 4. 12.

M. Who was Christ?

C. The Eternal Son of God, *Psal.* 2. 7. Who

became man, *John* 1. 14 Who was and is God, *John* 1. 1 and Man. 1 *Tim.* 2 5. In two distinct Natures, *Mat.* 22. 41. to 46, and *Rom.* 1. 3. 4. And one person for ever, *John* 3. 13.

M. *Why was it necessary that the Mediator betwixt God and Man, should be both God and Man?*

C. If he had not been Man, he could not have died, 1 *Tim.* 6. 16 And if he had not been God, his death had not been satisfactory for our Sins, nor have purchased his Church, *Acts* 20. 28.

M. *How did Christ recover us from our sin and misery?*

C. By executing the Office of a Prophet, *Acts* 3. 22. Priest, *Heb.* 5. 6. and King, *Psal.* 2. 6.

M. *Why was it necessary that Christ should execute this three-fold Office.*

C. To cure us of a three-fold Misery that we lay under.

M. *What was the first?*

C. We were blind and ignorant, *Mat.* 15. 14. and 23. 16, 17, 19, 24, 26. Therefore he became a Prophet to reveal to us the will of God for our Salvation, *John* 1. 18.

M. *What was the second?*

C. We had sinned, and could not satisfie the Justice of God, *Mic.* 6. 6, 7. Therefore he became our Priest, by dying to satisfie Gods Justice, and to intercede for us, *Isa.* 53. 4, 5, 6. *Heb.* 7 25.

M. *What was the third?*

C. We were weak, *Rom.* 5. 6. and could neither turn to God, *Jer.* 13. 18. and 17. 14. *Lam.* 5. 21. nor subdue our Enemies, *Mark* 52. to 14. Therefore he became our King, to subdue us to himself, *Psal.* 110. 3. And to save us, *Isa.* 33. 22. And

to

to restrain and conquer his and our Enemies, *Psal.* 110. 1. 1 *Cor.* 15. 24, 25, 26.

M. *How are we made Partakers of Christ and his Benefits?*

C. By Faith, *John* 3. 16. *Acts* 13. 39. *Ephes.* 2. *v.* 8.

M. *What is Faith?*

C. It is an hearty receiving of Christ for Lord and Saviour, *John* 1. 12. Or, a resting upon Christ alone for Salvation.

M. *Why did you say that Faith is necessary to worthy receiving?*

C. Because, 1. Without Faith it is impossible to please God, *Heb.* 11. 6 and we should not displease him at his Table. 2. By Faith we are the Children of God *John*, 1. 12. *Gal.* 3. 26. And this is Childrens Bread, and Gods Houshold Provisions: And we are not of the Houshold of God, till we are of the Houshold of Faith, *Ephes.* 2. 10. *Gal.* 6. 10. 3. The Lords Supper doth not sanctifie Unbelievers, but Unbelievers prophane the Lords Supper, *Hag.* 2. 12, 13, 14. 4. Because of many Scripture-Expressions setting forth the usefulness of Faith, it is the Foot of the Soul, and at the Lords Supper we should come to Christ, *John* 6. 35. It is the mouth of the Soul, *John* 6. 53. And there we should feed upon Christ. It is the hand of the Soul, to receive Christ, *John* 1. 12. And we should take Christ, when we take the Bread; it is the eye of the Soul, *Isa.* 45. 22. And there we should behold our Crucified Lord; it is the Life of the Soul, *Gal.* 2. 20. And a dead Man cannot feed upon Christ.

M. *Why do you say that Repentance is necessary to worthy receiving?*

C. Because, 1. We are to judge our selves, 1 *Cor.* 11. 31. 2 A soft heart will receive the impression of this Seal. 3. Because a Man is to turn from sin, when he comes to the Lords Table.

M. Why did you say that love to God is necessary?

C. Because it is uncomfortable to sit down at the Table of an Enemy, but dreadful and dangerous to sit down in our enmity at the Table of the Lord: If a Man keep up his fellowship with the Devil, he provoketh God if he comes to his Table, 1 *Cor.* 10 21, 22.

M. Why did you say that new Obedience is necessary?

C. Else a Man would come in his rebellion. God preferreth obedience before sacrifice, else a Man doth not receive out of obedience unto God, but for some sinister end. A disobedient liver cannot be a worthy receiver, nor have communion with God, 1 *John* 1. 6. 7.

M. If these things be so necessary, doth it not concern you to examine whether they be wrought in your heart?

C. Yes.

M. What are the signs of true Faith?

C. 1. A prizing of Christ above all things in this world. 1 *Pet.* 2. 7. 2. Willingness to receive him into the heart upon Gospel-terms, for Lord and Saviour, *John* 1. 12. 3. If it purifieth the heart, *Acts* 15. 9. 4. If it be fruitful in good works, *James* 2. 17 5. If it enable us to overcome the world, 1 *John* 5. 4.

M. How do ye know you love God?

C. Because, 1. I am grieved at his absence, and cannot be satisfied till I find him, *Cant.* 3 1. 2. 3. 2. By my desires to be like him, and love to those that

that are like him, 1 *John* 4. 7. 12. 3. By my hatred unto sin, *Psa.* 97. 10. 4. By my obedience unto his commands, *Exod.* 20. 6. *Joh.* 14. 21, 23, 5. By my desires to have an heart to part with all for him, that he might have the predominancy of my love, *Mat.* 10. 37. 6. By my grieving when he is dishonoured by my self or others, *Psa.* 51. 4. and 119. 53. 136. 158.

M. *How do you know you have repentance for sin?*

C. Because, 1. My Soul groans under it as a burthen heavier to me than any affliction, *Luke* 15. 16, 18, 19, 21. *Mat.* 11. 28. 2. Because I am ashamed of my secret sins before God, that never exposed me to shame amongst men, and loath my self for all, *Ezek.* 36. 31. 3. Because I desire to forsake all sin, even the dearest, *Prov.* 28. 13. 4. Because what I cannot get freed from, I fight against, that sin might never have a peaceable possession in my heart. *Gal.* 5. 17.

M. *How do you know the truth of your new Obedience?*

C. Because, 1. My Obedience springs from a new principle, love to, and fear of God, *Deut.* 10. 12. 2. Is guided by a new rule, not by my own will; but the word of God, *Gal.* 6. 16 and 3. I aim at a new end, the Glory of God, 1 *Cor.* 10. 31.

M. *But if a man cannot say he loves God, & say, he hath faith, but yet find he hungers after Christ, & thirsteth for him, may he come to the Lords Table?*

C. Yes. 1. Because assurance is not necessary, 2. Because Weak Believers have a right unto it.

3. Because God inviteth those that hunger and thirst, *Isa.* 5. 1 *John* 7. 37 4. Christ pronounceth them blessed And 5. Promiseth that they shall be filled, *Matt.* 5. 6.

M. *But*

M. *But would it not tend much to your comfort at the Lords Table, to know before you go, that Christ died for you in particular.*

C. Yes, because then I could say, here is Blood, and it was shed for me, *&c.*

M *How may you know that Christ died for you in particular?*

C. 1. If I be one of his people, *Mat* 1. 21. and this I am, if I be willing to be, to do, to suffer what Christ would have me, *Psal.* 110. 3. 2. If I be one of Christ's Friends, doing his commands, *John* 15. 13, 14. 3 if I be dead to sin, *Gal* 6. 14. 4. if I live to Christ, 2 *Cor.* 5. 15. I may conclude he died for me. *Gal.* 2. 20.

M. *If upon serious search you find these Graces wrought in your heart; is it necessary you should spend some time in solemn Prayer before you go?*

C Yes, because 1. I cannot act what Grace I have without Gods assistance, *John* 15 5. 2. The duty is solemn and weighty. 3. Though God will give the blessings of the Covenant of Grace, yet he will be sought unto for them, *Ezek.* 36. 37.

M. *Is it sufficient for your worthy Receiving, that you have found these Graces in your heart, and prayed to God before you go?*

C. No, But I must see that my End be right, and that I behave my self as I ought, while I am there.

M. *What is your End in going to the Lords Table?*

C My End must be, 1. To have Communion with God. 2. To encrease my Faith in Christ and Love to God. 3. To further my Joy in the Holy Ghost. 4 My Peace of Conscience. And 5 Hope of Eternal Life. 6. To renew my Covenant with God. 7. To quicken me to Obedience. 8. To make

make me thankful to God for his mercy bestowed upon me in Christ. 9 To get power against my sins. And 10. Especially to remember and shew forth the death of Christ.

M. *What remembrance must this be of the Death of Christ?*

C. Not an Historical remembrance of Christs death only, for so the devils remember that Christ hath died, but such a remembrance that should affect my heart with love to him, desire after him, joy in him, with sorrow for my sin that caused his Death, & whereby I might answer all the charges of the Law, the clamours of my conscience, and the accusations of the Devil, *Rom.* 8. 33, 34.

M. *Having found the truth of Grace in your heart, and that your End is right, what must you do when you are there?*

C. Give all diligence in endeavouring to draw my Graces into act.

M. *What are those Graces that you must endeavour to exercise when you are at the Table of the Lord?*

C. Faith, Love to God and Christ, sorrow for sin, desires after Christ, and thankfulness.

M. *What means would you use when you are there to exercise these Graces?*

C. Sometimes I would meditate upon such things as are here offer'd to my thoughts from this Ordinance, tending thereunto; and sometimes put up Ejaculations unto God, that he would please to help me.

M. *What would you meditate upon at the Lord's Table for this end?*

C. 1. Sometimes I would think upon the Love of God and Christ. 2. Sometimes upon his Wrath and Severity against Sin. 3. The hainous nature

of

of sin. 4. The preciousness of my Soul. 5. The sufferings of my Lord 6. Of my sitting with God in his Kingdom. And 7. The privileges I am made partaker of in this life by the death of Christ.

M. What are those privileges purchased by the death of Christ, sealed in the Sacrament, the believing thoughts whereof will tend to warm your heart, and act your graces at the Sacrament?

C. These are, 1. Peace with God, *Rom.* 5. 1. *Col.* 1. 20, 21. 2. The Righteousness of Christ imputed. 2 *Cor.* 5. 21. 3. Pardon of Sin, *Eph.* 1. 7. 4. The death of Sin, *Rom.* 6. 6. 5. Adoption, *Eph.* 1. 5. *Gal.* 3. 26. 6. Perseverance, *Phil.* 1. 6. 7. Deliverance from Wrath to come, 1 *Thes.* 1. 10. 8. Communion with God, 1 *John* 1. 3. 9. Hope of Heaven and eternal life, 1 *Pet.* 1. 3, 4.

M. What is there in the Sacrament presented to your senses, that represents these things to your Faith?

C. Sacramental Elements, and Sacramental Actions.

M. What are the Sacramental Elements?

C. Bread and Wine, signifying Christs Body and Blood, *Matt.* 26. 26, 27.

M. Is not the Bread and Wine changed into Christs Body and Blood?

C. No surely; For then, 1. Christ glorious Body now would be subject to Corruption. 2. Then a finite Body can be in Heaven & Earth, and in many places upon Earth at the same time. 3. Then I do not know Bread and Wine when I do see it and taste it. 4. Then there would be no Signs of the things signified, and so this would be no Sacrament. 5. Then a Drunkard

kard might eat and drink Christs Body and Blood, as well as a true Believer. 6. Then the *Minister* may as surely give the thing signified as the outward Signs, whereas this is the Gift and Prerogative of God alone. *Luke* 3. 26. 7. Then at the first institution there were two Christs, one that gave, and another that was given. 8. The Cup is said to be the New Testament, as well as it is said to be Christs Blood, 1 *Cor.* 11. 25. But in that there must be a Figure, whether Papists will or no, and so there is in this.

M. Why then are the outward signs graced with the names of the thing signified?

C. 1 To shew the inseparate Conjunction of the things signified with the outward signs to the worthy Receiver. 2. Because of the fit proportion and agreement between the signs, and the things signified.

M. Wherein is the agreement betwixt the outward signs, and the things signified?

*C. I*n regard, 1. Of the preparations; that bread might be prepared, the corn must be threshed in the floor, grounded in the *Mill*, baked in the *Oven*; and that wine may be prepared, the Grape must be crushed in the wine-press. So, that Christ might be a Saviour unto Sinners, he must be bruis'd for our sins, and scorched in the *Oven* of his Fathers wrath, and alone must tread the *Wine-press*, *Isa* 63. 3. 2. *I*n regard of usefulness; Bread is of daily use, whatsoever be our other refreshments: So Christ is of daily use unto us, whatsoever be our other injoyments: Bread is the staff of life, and wine cheareth the heart of Man: Such is Christ unto our Souls.

M. What must you meditate upon, when you see that Christ

Christ ordained both Bread and Wine to be the signs in this Sacrament?

C. The plentiful Redemption we have in Christ, that from him we might have a supply for all our wants, compleat nourishment; here being Bread that satisfies our hunger, and Wine that quencheth our thirst.

M. *What may you meditate upon when you see the Bread and Wine given apart?*

C. That Christs Blood was separated from his Body, that we might not be separated from God for ever.

M. *Doth the Cup belong also to the people as well as to the Minister?*

C. Yes, forasmuch as Christ in the first institution, *Mat.* 26. 27. and the Apostle afterwards, 1 *Cor.* 11. 25, 26. say, *Drink ye all of this.* The same that are commanded to eat, are also commanded to drink, without difference. And this Sacrament is the Communion of Christs Blood, as well as of his Body, 1 *Cor.* 10. 16.

M. *What be the Sacramental Actions?*

C. The Actions, some are of the Minister, some of the Receivers.

M. *What are the Actions of the Minister?*

C. They be four.

M. *Which is the first?*

C. He is to take the Bread and Wine into his hands, and separate them from ordinary Bread and Wine.

M. *What may you meditate upon when you see the Minister do this?*

C. That God in his eternal Purpose and Decree hath separated Christ from all other men, to be our Mediator, *Exod.* 12. 5. *Heb.* 7. 26.

M. *Which*

M. *Which is the second action of the Minister?*

C. He is to bless and consecrate the Bread and Wine by the Word and Prayer.

M. *What may you meditate upon as signified by this?*

C. That God in the fulness of time sent his Son into the World, furnishing him with all Gifts needful for a Mediator, *Gal.* 4. 4.

M. *What is the third Action of the Minister?*

C. To break the Bread and pour out the Wine.

M. *What may you meditate upon when you see him do this?*

C. The Passion and Suffering of Christ, and all that he endured both in Body and Soul for our Sins, his blessed Body being bruised, and his precious Blood shed, and that his Soul was poured out unto death, *Isa.* 53. 5, 10, 12. *Heb.* 9. 14

M. *What is the fourth Action of the Minister?*

C. To give and distribute the Bread and Wine unto the Receivers.

M. *What may you meditate upon when you see him do this?*

C. That God is giving of his Son, and the Son giving of himself, and *really* though *invisibly*, dealing forth to every worthy receiver the benefits of his death according as he needs.

M. *What be the Sacramental Actions of the receivers?*

C. Two.

M. *Which is the first Action of the Receiver.*

C. To take the Bread and Wine offered by the Minister.

M. *What may you meditate upon, and do then?*

C. I ought to stretch forth the hand of Faith, and receive Christ and all his benefits, else I play the

the Hypocrite at the Lords Table, before God and the whole Congregation.

M. Which is the second action of the Receiver?

C. To eat the Bread and drink the Wine.

M. What doth that signifie?

C. My Union unto Christ, and Enjoyment of him, my feeding upon Christ by Faith, for the strengthening of the Graces of Gods Spirit in my Soul.

M. What must you do after the Sacrament is over?

C. Consider with my self, if I have received any benefit thereby.

M. How will you know this?

C. 1. By the encrease of my Faith in Christ, and Love to God. 2. By my greater hatred unto sin, and power against it. 3. By my longing after the enjoyment of God in Heaven. 4. By my prizing of this Ordinance above my necessary Food: And 5. By my resolutions in the strength of Christ, to suffer for him who died for me.

M. What must you do if you have found good by this Ordinance?

C. I must give God the Glory, and desire to come again, & walk suitably in my conversation.

M. How must you live that you might walk suitably?

C. I must make it my business to forsake all sin, and to perform all the duties that God requireth from me.

M. What if you do not?

C. I then 1. Dishonour Christ. 2 Grieve the Spirit 3. Break my Covenant made and renewed with God 4. Discredit my Profession. 5. Wound my Conscience. 6. Provoke God to withdraw from me. 7. Shall be guilty of great unthankfulness

ſulneſs. And 8. Weaken my Confidence when I go again.

M. What if you find no good by the Sacrament?

C. I muſt examine what was the cauſe, and be humble for it, and forſake the ſin, and pray to feel the benefit of it when I am come away, and better prepare my ſelf, and humbly wait upon God therein another time.

A Dialogue between a weak Believer that dares not come to, and a ſtrong Believer that dares not abſent himſelf from the Lord's Supper.

Weak Believer. *MY Friend! I am glad I met with you on ſuch a day as this.*

Strong Believer, I rejoyce in your health, and in the mercy vouchſafed to us both, that we have one Lords Day more to wait upon our God.

W. I may account it mercy indeed, who have been ſo dull and dead, and out of frame all the week long, and yet uncertain what the ſtate of my Soul is; but I pray you whether are you going ſo chearfully?

S. I am going to a Feaſt this day.

W. Do you ſpend holy time in Feaſting?

S. Yes, in ſuch feaſting as I am going to.

W. What feaſt do you mean?

S. A Feaſt of fat things, a Feaſt of wines on the Lees, of fat things full of marrow, of wines on the Lees well refined.

W. Who invites you to this Feaſt of which you ſpeak ſuch great things as theſe.

S. God

S. God himſelf doth make this Feaſt, and invites me to it; our Father makes a Banquet for his Children.

VV. *If God do call you to a Feaſt, the Proviſions ſurely are according to the State of ſo great a King?*

S. Wiſdom hath killed her beaſts, ſhe hath mingled her wine, ſhe hath furniſhed her Table; the Oxen and Fatlings are killed, and all things are ready: There is milk for the weak, and wine for the ſtrong and ſorrowful of Heart. There is Bread for the hungry, water for the thirſty, every thing that is neceſſary or delightful. Indeed it is the Body and Blood of Chriſt, who is both the *Matter* and the *Maſter* of this Feaſt

VV. *Now I underſtand you mean the Lords Supper: And I have heard indeed of ſome that have partaken thereof, that great and precious things are there prepared.*

S. Yes, there are, and methinks *I* feel my heart to burn within me, while *I* am ſpeaking of them, and of the love of him that hath prepared them and called me unto them.

VV. *Surely you will be much delighted when you are there, ſince your heart is thus raiſed as you are going to it?*

S. Raiſed! through the mercy of my God, at this time it is; but ſometimes it is not ſo, but *I* am without a ſence and feeling of the love of God, yet then *I* ſhould not dare to abſent my ſelf from this Holy Supper, for when *I* am without the ſence of the love of God, *I* then endeavour to keep upon my heart a ſence of my duty towards him, and of my wants, to fetch ſupplies from him by this and other means, as he hath appointed in his word.

VV. *Then*

W. *Then if you have the light of Gods countenance that, you are desirous to be partaking of the Supper of the Lord?*

S. Though I have no comfort, I would do my duty, yea then my Soul doth long, doth thirst and exceedingly desire, that (through the mercy of my God, and merits of my Saviour) *I* may taste of these Provisions, and feed upon my Lord Redeemer, whose flesh is meat indeed, and whose Blood is drink indeed.

W. *But I pray you, what are those Provisions that are there prepared, that do thus affect your heart?*

S. What are they! They are Rich and Costly provisions; they are free, suitable, plentiful, sufficient, Soul-nourishing, lasting, heart-chearing Provisions.

W. *Will you not particularize some of these Provisions for my better information?*

S. Oh! my Soul rejoyceth within me.

W. *Lord, how dull am I, while he is thus affected!*

S. My Soul rejoyceth within me, while *I* consider what they be.

W. *What are they?*

S. What! Christ and all his Privileges are ready to be exhibited, and sealed to my Soul this day.

W. *What Privileges?*

S. Peace with God, pardon of sin, righteousness imputed, peace of Conscience, joy in the Holy Ghost, more grace, perseverance to the end, and at the end eternal life.

W. *Shew me the suitableness of these Provisions to your Soul?*

S. A Saviour is suitable to a lost Sinner; pardon to a guilty Sinner; peace with God to a Sinner that

that was an Enemy to God; peace of Conscience, to a Sinner under apprehensions of Gods Wrath; Justification to a Condemned Sinner; cleansing Blood to a polluted Sinner; comfort to a Dejected Sinner: *These, these,* are the provisions which are set upon my Fathers Table.

VV. *These are great and excellent things indeed, but who are the Guests invited to this Feast? Who are these provisions for?*

S. For those that are burthened with sin and do forsake it; for those that hunger and thirst after Righteousness, for the Children of God, for the Friends and Followers of Christ; for those that are willing to take him in all his Offices.

VV. *But might the poor, and those that have no money go unto this Feast?*

S. Yes, yes, the poor in purse might be welcome, and the poor in spirit shall be welcome. God loves to see his Table filled with those that are sensible of their wants and sins, and those he will satisfie abundantly with the fatness of his house, and cause them to drink of the rivers of his pleasures, when the full self-righteous Pharisee shall be sent empty away.

VV. *This revives my heart, if you can make it good.*

S. The mouth of the Lord hath spoken it, and therefore you may not doubt thereof. He is most earnest with the hungry and thirsty to come, *Isa.* 55. 1 *Ho every one that thirsteth, come ye to the waters, and he that hath no money, come ye, buy and eat, yea, come, buy Wine and Milk without money and without price.* And the Son calleth such, *John* 7. 37. *In the last day, that great day of the Feast, Jesus stood and cryed, saying, if any man thirst, let him come unto me and drink.* And the Spirit calleth such

such, *Rev.* 22. 17. *And the Spirit and the Bride say, come, and let him that heareth say, come! and let him that is athirst come, and whosoever will, let him drink of the water of life freely.* And the Ministers of God are still sent to call such, *Luke* 14. 21. —— *The Master of the house said to his Servant, Go out quickly into the Streets and Lanes of the City, & bring in hither the poor, and the maimed, and the halt, and the blind,* ver. 23. *And the Lord said unto the Servant, Go out into the high way* (where poor men wont to beg) *and hedges* (where poor men wont to work) *and compel them to come in, that my house may be filled.*

W. *And do these Scriptures encourage you to frequent this Ordinance?*

S. Yes; And because the same God that Commandeth me to pray, commands me to receive, and hath given me hopes that I shall be partaker of the benefits thereof. I am bound to wait upon the Lord therein.

W. *What do you hope to be partaker of, by going to that Ordinance?*

S. *I* hope to have my heart inflamed with love to God, and desires after Christ, to have my Saviour more endeared to my Soul; my heart softned, my sin subdued, my Faith strengthened, my evidences cleared, and my Soul assured of eternal Life.

W. *What reason have you to hope that you shall have these advantages by going to the Lords Supper?*

S. Not for any worth in me; but God is pleased to give these things freely for the sake of Christ to those that in obedience to his Command, in a right manner, and for a right end, do make Conscience of this duty.

W. *What*

W. *What course have you taken before hand, that you have such hopes of such benefits by this ordinance?*

S. *I* do not wont to declare what my secret duties are, but if it might be for the edifying of your Soul, *I* shall not be unwilling to acquaint you.

W. *I pray you do, for I do stand in need of help from others more experienced in holy duties?*

S. *I* cannot say *I* am more experienced; but this *I* did, Moriously search'd my heart to find the truth of Grace, my Interest in Christ, my Right unto this Ordinance, to find out my sins, and have renewed my Repentance for them; my wants, & have begged of God as earnestly as *I* could, that *I* may be supplyed at his Table, and for his strength to discharge this duty to his glory and my own comfort.

W. *O happy man! that have these provisions prepared for you, and can go with this delight and holy Confidence to partake of them.*

S. You also may draw near unto this Table of the Lord, and have a share of these Gospel-benefits, and be assured of them.

W. *I! Alas! Alas! you know what I am, what I have been; I never did, I do not dare to meddle with the Blood of Christ in this Ordinance!*

S. You may come and eat of this Bread, and drink of this Cup.

W. *What I? shall a Dog eat of the Childrens Bread? I dare not do it.*

S. You must, you sin if you do neglect it.

W. *Sin! that I would not, that is it that maketh me absent from it, because I would not sin against the Blood of Christ: But why do you say, I sin if I do not come?*

S. Be-

S. Becauſe you live in the neglect of a plain commanded duty; it is a ſlighting of a ſpecial token of the love of your dying Lord.

W. *My Lord!*

S. It is a neglecting of the Seal of the Covenant of grace, it is Hypocriſie to complain of the hardneſs of your heart, & yet will not uſe the means to have it ſoftned; and of the power of your ſin, and will not uſe the means to have it weakened.

W. I *never knew any under my doubts and fears that went to this Ordinance, and found good thereby.*

S. Not ſo, for I my ſelf was long under the ſame doubts and fears, and I know my heart was as bad as yours can be; but when I was willing to forſake my ſin and cloſe with Chriſt; ſenſe of duty, fear of ſin if I did not, moved me to the uſe thereof, and there God reſolved my doubts, and removed my fears, and made it profitable to my ſoul, for my comfort and increaſe of grace.

W. *But it would be ſin to me to go, for that which is a duty, and would be food unto another, might be a ſin and poyſon unto me, becauſe I am not fit for ſuch an Ordinance.*

S. If you be not fit, that alſo is your ſin.

W. *Then my caſe is miſerable indeed; if I do not come, I ſin, and if I be unfit and come, I ſin. Ah Lord! Am I in this neceſſity of ſinning? Oh tell me then what muſt I do?*

S. You muſt not abide in that condition wherein you are unfit for the Supper of the Lord, but fit your ſelf and come.

W. *Alas! who will pity my pining Soul, that hath food before it, and yet unworthy to meddle with it?*

S. A legal worthineſs you cannot have, neither

doth God expect it at your hands; but an Evangelical worthiness you may have.

VV. I *would fain know what I may do in reference to this Ordinance*; I *pray you tell me, when is a person said to be worthy in a Gospel-sense.*

S. VVhen he is cloathed with the righteousness of Christ, hath grace infused into his Soul, and doth act it at the Lords Supper, he doth worthily receive.

VV. *Then I perceive that a man might be a sinner, and yet be a worthy Receiver.*

S. Yes.

VV. *What and a great sin too?*

S Yes he may.

VV. *This is some support to my fainting Soul: But yet my soul is cast down within me, for I doubt I am not one of those sinners that you do mean.*

S. It grieves me to see you in this distress of spirit; I am perswaded if you would go unto this Ordinance, you would in time hear God speaking peace and comfort to your Soul.

VV. *My desires and my fears are such, I know not which exceeds; Fain I would, but I dare not: It is a grief unto my soul, when I see the Children of God approach unto their Fathers Table, and I absent my self, as though not of his Family; But I am such a sinner, that I dare not go.*

S VVhy, what a sinner are you?

VV. *I am the chiefest of sinners, should I therefore go?*

S. So was St. *Paul* in his own esteem, yet such Christ came to save, 1 *Tim* 1. 16. Gods mercy & promise, Christs merits are as great, yea greater than your sins, *Psa.* 103. 11. *Mat.* 12. 31. You have not been a greater Sinner than *Adam*, or *Manasseh*,

Manasseh. 2 *Chron.* 33. 1. to 14. or *Mary Magdalen*, Luke 7. 37. 39. Or at least, you have not committed more sins than all these; if you have, yet you have not committed more sins than all the sins of all the Elect of God, in all ages of the World amount unto: And hath, & will God pardon these? And are your sins yet too great for pardoning Mercy?

VV. *O wonderful! I see it is not the greatness, or the number of a Sinners abominations, that shall keep mercy from him; but these had their hearts of stone turned into hearts of flesh; but my heart is hard, and like an Adamant, and it should be a broken heart, that shou'd behold a broken Christ in the Sacrament: But this I want.*

S. Sence of hardness of heart, is some degree of softness of heart, *Isa.* 63. 17. *Pharaoh* complained of his Judgments, not of the hardness of his heart. You are sensible, and do grieve for the hardness of your heart, or do you not? if you do not, why then do you complain? if you do, your hardness is not the hardness that there is in Reprobates, but such as may be, and is, in the People of God; and this Sacrament is a means to have it softned.

VV. *This doth a little help me, I pray you proceed to discover what things do difference hardness in a Child of God from the hardness that is in a wicked man.*

S. Sense of sin, and of Gods dishonour, a judging of your self for sin, and unfeigned turning from sin, earnest Prayers for softning grace, a rolling your self upon Christ, tenderness of Conscience, an holy fear of sinning against God; holy care to please him, teachableness of heart, & holy restlessness till you have Christ, do distinguish your

hardneſs from the hardneſs of heart in a wicked man.

W. *How elſe?*

S. Your hardneſs is occaſional, not conſtant; the hardneſs of a Reprobate is like the hardneſs of ſuch ſtores that are harder by the heat of the Sun! but your hardneſs is like the hardneſs of Ice, that when the Sun doth ſhine upon it, it is melted and diſſolved.

W. *But if I had a heart of fleſh,* I *do not think there would be ſo much hardneſs remaining in me more than others.*

S. God cures the hardneſs of his peoples hearts in their Converſion effectually; in Sanctification, gradually; and at their diſſolution, perfectly; but not till then.

W. *This proves my hardneſs to be more than the hardneſs of Gods people, becauſe* I *mourn not for my ſin as they do, nor can* I *be ſo deeply humbled for it, and what ſhould* I *do at the Sacrament, if* I *cannot mourn for ſin?*

S. Imitate thoſe that mourn moſt for ſin; but you conclude not right, that you mourn not *truly*, nor at all, becauſe you mourn not *gradually*, nor as much as others do. The word of God, and not the attainments of others, muſt be the Rule by which you ought to judge of the truth of your mourning for ſin. Beſides, if you do not mourn directly, you mourn reflexively; you mourn that you cannot mourn, and you pray that you may mourn. Beſides, it is not your tears that can juſtifie you in the ſight of God; for if you could mourn more than any, yet you muſt be juſtified freely by the blood of Chriſt; and ſo you will when you mourn truly, though leſs than ſome others do.

W. If

W. *If it be so, then tell me when my mourning for sin is right, and is the mourning of a true penitent.*

S. When you mourn for sin, as sin; for all sin, because it is against God, *Psal.* 51 4. as an evil greater than any affliction, *Rom.* 7. 24. *Paul* never cryed out so for the evil of affliction as he did for the evil of sin: When you rejoyce in the Law of God that doth discover it, and bless God he ever wrote it, and that you ever knew it, *Rom.* 7. 12. When your mourning for sin makes you loath it and leave it, and prize Christ, and hasten to him, to close with him.

W. *This I fear, that my mourning for my sin ariseth from the fear of Hell.*

S. You may quicken your heart to mourn for sin, from the Torments of Hell that it hath deserved; but that this is not the principal ground of your mourning, appears, because you can mourn and grieve for other mens sins as well as for your own, and when you have no thoughts of Hell, & when you have greatest perswasions of Gods mercy to you, in saving you from wrath to come, you mourn most; and that you mourn as well for the power and filth of sin, as for your misery thereby. and are willing to accept of Christ for your Lord, and as well for your Saviour.

W. *I do not deny it to be thus with me, that I am willing to accept of Christ upon any terms.* Lord, a Christ upon any terms! *But I fear Christ is not willing to give himself, nor God willing to give his Son to such a one as I; and what should I do at the Sacrament, if Christ be not willing to give himself and his benefits unto me.*

S. This is the Language of your unbelief,

VV *I have enough of that*

S. For it is impossible you should be willing to receive Christ, if Christ were not willing to give himself to you.

VV *Indeed!*

S For you could not be willing, if Christ had not first been willing: And it is the intolerable pride of your heart, to think that you can be more willing to be, and receive good, than God and Christ is to give and make you good. Besides, then such a one may come and plead at the last day, Lord, I am not damned because I was not willing to accept of Christ, but because thou wouldest not give Christ to me, when I was willing to receive him.

VV. *Truly I think there shall be no such plea at the day of Judgement.*

S. Then your condition is good, if you be willing; for if you be willing to receive Christ, and God be willing to give him unto you, you have him, and yet will you not go to commemorate his death?

VV *O Lord, what strange conviction is this! surely I had Christ and did not know it; I was happy, and did not perceive it. But alas! no sooner did I perceive a little light to shine into my Soul, but it is clouded; for my heart is deceitful, and I may think that I am willing when I am not.*

S. Then I do discern you will not suspect, that you your self are not willing, rather than that God is not willing, and so you have more reason to do; but though your heart be so deceitful, that you cannot understand all the particular sinful actings of your heart, yet by serious search and Prayer unto God, you may know what it is that

that you do love, desire, and chuse above all things in the world, and what is the general bent and Inclination of your heart and will.

W. I *do not know my heart.*

S. What would you ask of God, if he should say, ask any one thing and thou shalt have it.

W. *Christ, I think; but still I am afraid lest this should be from love unto my self, and not unto the Person of Christ.*

S. An holy self-love you ought to have, & that is not inconsistent with predominant love to the person of Christ.

W. *Howsoever I know it is holy self-love (that God approveth of) that moves me to be willing to accept of Christ?*

S. If you desire Christ to make you holy, as well as to make you happy, and to free you from the power and dominion, as well as from the punishment and damnation of your sin.

W. *If there were no Hell, yet I would not sin against the Lord.*

S. You have made an answer to your own Enquiry.

W. *But if I had been willing to accept of Christ; to take down the power of sin, it would not have been so strong as yet it is, and the Power of sin makes me question the truth of grace.*

S. Strength of sin might argue weakness of Grace, but not the nullity of it, because it might rage, when it doth not reign.

W. *That I would know, for if sin reign, you will say I must not go.*

S. True, but if you can say with St. *Paul*, Rom 7. 15. *That which I do, I allow not: For what I would, that do I not; but what I hate, that*

to I. ver. 19. *For the good that I would,* I *do not; but the evil which I would not, that* I *do.* You may then conclude with him, *ver.* 20. *Now if* I *do that which* I *would not, it is no more* I *that do it, but sin that dwelleth* (he ſaith not reigneth) *in me:* And if it rage when it doth not reign, you have the more need to go unto the Lord's Supper, that ſin, this uſurping Tyrant (not your acknowledged Lord) might be taken down.

W. But ſin hath great power in my thoughts, for not only vain, but blaſphemous thoughts come frequently crouding in my mind, and I *cannot ſometimes remove them.*

S. That they have power over your thoughts is your ſin, but that they have not ſuch power over your will, that proves your grace, for you would remove them when you cannot: And whether they be injected by the Devil, or do ariſe from your own heart, if grieved for, groaned under, & ſtriven againſt, it is no otherwiſe with you, than with many others of God's deareſt Children.

W. I *have long neglected Chriſt, now it is too late; to what end then ſhould* I *go unto this Ordinance?*

S. Who told you it was too late? where do you read it? The damned in Hell might ſay it is too late, but not you that would have him if you could, and may have him if you will, and have him indeed, becauſe you are willing: And it is not what you have been, but what you are, and would be, that you muſt judge your ſtate by.

W. *But if the day of grace be paſt with me, and the door of mercy ſhut againſt me, it is too late, how then ſhould* I *be ſealed in this Ordinance unto the day of Redemption?*

S. The day of grace is not paſt with him that would

would fain have grace above all earthly riches, nor is the door of mercy shut against him that doth set open the door of his heart for Christ the King of glory to enter in; and doth importunately pray for the fruits of the Spirit.

W. *But alas! I cannot pray, how then should* I *receive?*

S. Though you cannot word your desires, yet you can cry to God, and nothing will still you but a Christ. As the Infant cannot ask, yet cryeth for the Breast. Some might utter words in Prayer, and not pray; and you might want words, and yet pray fervently, acceptably unto God; for Prayer doth not consist in the exercise of parts, memory, &c. but of grace.

W. I *cannot cry to God, my Eyes are dry, and cannot drop a tear; sometimes, when* I *am confessing my sins, though so many and so hainous; when others can shed many tears for one sin,* I *cannot shed one tear for many sins.*

S. It is so with you but sometimes. Besides, as there may be tears in the eyes, when there is no sorrow in the heart; so when your eye is dry, your heart may grieve. An Hypocrite, as he may have more words, so he may have more tears in prayer, than a true Child of God.

W. *How then may* I *judge of my prayers, when* I *want these outward signs of sorrow,* &c.

S. By your inward frame of heart, when you cannot shed a tear, you feel your heart burthened with, and rising in hatred against your sin? and when you beg for Christ and Grace, you find your heart sincerely reaching forth after both Christ and Grace.

W. I *do pray indeed, and hear, that* I *may have*

Christ, but I doubt all is in hypocrisie; and that all my duties are the services of an hypocrite; and what did Judas *get by eating with Christ?*

S. If you delight to do a duty so, that no man might know that you do it, and that when you be with others in holy Ordinances, you find you had rather be affected, and not seem to be so to others, than to seem to be affected, and not to be so before God, where is your Hypocrisie? Besides, if you do your duties from a right principle, love to, and fear of God, in a right manner, *viz.* humbly, believingly, fervently in the name of Christ, and for a right end, that you may glorifie God, have Communion with him, be made more like unto him, that you may have more love to him, and more power and strength against your sin, you are sincere, and not an Hypocrite in your duties.

W. But sometimes I find a secret contentment in my heart, that men take notice of the outward signs of inward affections, and that when the outward signs are more than my inward affections; is not that hypocrisie?

S. Yes it is, and much to be lamented and opposed: Mourn so if you can, that none but God might perceive it, except when it might be more for the glory of God, and the edification of another, that your mourning should be manifested rather concealed.

W. May such a duty then be accepted of God, that is done in such Hypocrisie?

S. Such an Hypocrite a sincere Christian may sometimes be, and is; for as there is something of Unbelief in one that hath faith in Christ, and something of Pride in one that is humble, &c. so there

there is ſomething of hypocriſie in every one that is ſincere; for in nothing are we perfect as to degrees, while in this life: Therefore as you muſt not conclude, that your prayers and duties are not accepted of God, becauſe there are ſome actings of Unbelief and Pride in them; ſo neither becauſe there is ſomething of hypocriſie mingled with them when (as is ſaid) your principle, and manner and end, in the main be right.

W. I doubt whether the principle of my duties be love to God, or only a natural Conſcience: And if I ſhould go to the Sacrament, and not from a principle of love, God would not be pleaſed with me.

S. And I pray you take heed that no time you do abſent your ſelf from Duty, againſt the dictates of a ſanctified, enlightened Conſcience

W. I pray to God I may not: But ſpeak unto my doubt.

S. You may perform duty from a principle of Love, when it is not from a ſenſe of love; when a natural conſcience is the principle, it puts you upon the duty, but gives you no ſtrength to perform the duty, but the Spirit of God doth both.

Natural Conſcience is ſatisfied, if the duty be done: But you are not ſatisfied, except God be enjoyed in the duty. Natural Conſcience puts on to duty in time of temporal, or for fear of eternal puniſhments, but you pray, &c. That you may pleaſe God, have communion with him, and be delivered from the filth and power of ſin; when natural conſcience only is the principle; a Duty is done with much backwardneſs of Heart, Conſcience hales and draggs the Sinner to his knees; but you love it, and delight in Duty, or are grieved if you do not. When natural Conſcience only

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is the principal, if a man can get an excuſe which will ſilence Conſcience, the Duty with gladneſs is omitted; but, if you are kept (though by lawful cauſe) from a Duty, it is ſome grief and trouble to your Soul, and nothing but what is weighty, and judged by you to be a Duty alſo, ſhall divert you from the Ordinances of God. Are you not yet ſatisfied in this, that you may go unto the Lords Supper.

VV. *I have propoſed to you the chiefeſt grounds of my doubts and fears; and for the preſent, in ſome meaſure, have ſome hopes that God hath done ſome ſpecial work upon my heart.*

S. Then I hope you will make Conſcience of this duty, that it may be promoted and carried on in your Soul.

VV. *I ſhall further conſider of what you have ſaid, and ſhall beg of God his holy Spirit, that I may know the things which are freely given (if given) to me of God; And if I ſhall by further ſearching of my Heart, and prayer unto God, be convinced that it is my duty, I will no more abſent my ſelf.*

S. I ſhould rejoyce to go ſee you there.

VV. *But I find my heart is too ſlight and careleſs in what I know to be my duty, I would therefore underſtand how I may get my heart to be diligent and ſerious in preparing for it.*

S. VVhen you are to go unto this Ordinance, endeavour to confeſs your ſins, and to pray for Pardon, and for Chriſt, & Grace, as earneſtly as you would do if you were then to die: Prepare as you would do if Chriſt himſelf were to deliver it to you, as if men could look into your Heart, as if God ſhould ſtrike you dead with the Bread in your mouth, or with the Cup in your hand, if you come unwor-

unworthily; as if it were the laſt time you ſhould receive it, & go and ſtand at God's Tribunal when you have done, as if a Soul that hath been damned for prophaning of the blood of Chriſt ſhould come unto you, and tell you what he is ſuffering in Hell for this his ſin; as if Chriſt ſhould call to you from Heaven, and mark you out, and make you know if you come unpreparedly, (ſee *P.* 72, *&c.*) but this is not to diſcourage you from the duty, but to quicken your heart to greater diligence in order thereunto.

VV. *How then muſt* I *prepare my ſelf?*

S. For this I refer you to the Book it ſelf, (*Page* 88, *&c.*) and to the former Dialogue.

VV. I *ſhall not then any longer keep you from your other buſineſſes.*

S. The God of Heaven guide you in this work, and ſmile upon your Soul, when you ſhall be preſent at his Table.

A Dialogue between one Believer that hath Aſſurance, and another that hath Hopes, and another that is under Doubtings of the Love of God, and of good by the Sacraments, as they come away from the Lord's Table.

Aſſur. WAs not this he that came from *Edom*, with died garments from *Bozrah*, whom we have ſeen glorious in his Apparel, travelling in the greatneſs of his ſtrength, mighty to ſave us from our ſins, that were mighty to condemn us?

Hope.

Hope. This is he who being red in his apparel, having his garments dyed with Blood, with his own blood, with his own heart Blood, doth ſave us from our ſcarlet crimſon ſins.

A. Was not this he whom *Judas* did betray, whom *Peter* did deny, whom all forſook, whom the *Jews* did crucifie, whom the Soldiers pierced, that ſuffered ſo much from men, from Devils, and from God himſelf?

H. This is he, who (I truſt) was delivered for our offences, and was raiſed again for our juſtification. This is he who being in the form of God, thought it no robbery to be equal with God, but made himſelf of no reputation, and took upon him the form of a Servant, and was made in the likeneſs of man, and being found in faſhion as a man, he humbled himſelf, and became obedient unto death, even the death of the Croſs.

Doubt. Certainly this was a righteous man, the Son of God, willing and able to ſave to the uttermoſt all thoſe that come unto God by him who once died upon the Croſs, but ever lives to make interceſſion for them.

H. We have ſeen the Prince of Life did die, the Lord of Glory expoſed to open ſhame; we have ſeen his Blood ſtreaming down, and through the holes made in his ſide have looked into his heart; what did you ſee in his bleſſed heart?

A. I ſaw a ſight of love, a fire, a flame of love. When for our ſins I ſaw this Blood flowing from his heart, I ſaw love ſtill abiding there; my Lord would part with his moſt precious blood, but not with his Love unto his People; I ſaw I was not only gravened upon the palms of his hands, or ſet as a Seal upon his Arm, but I was pourtrayed upon

on his Heart. The High Prieſt, that was a Type of Chriſt, did bear the names of the twelve Tribes of *Iſrael* in the Breaſt-plate, in or upon twelve precious Stones; but I did ſee that our great *High-Prieſt* doth bear the Names of his Elect gravened in his precious Heart; And when I did read my Name amongſt the reſt, what joy and comfort filled my Soul, I am not able to expreſs, his love was ſtronger than death, the *coals* thereof were as *coals* of fire which had a moſt vehement flame, & methoughts when I drew near unto it, I felt my heart begin to warm. All the waters of affliction, & ſufferings, and ſorrows which he endured, could not quench his Love; for he was reſolved to ranſome an redeem all that were giving to him of the Father.

H. And do not the thoughts of this blood that was ſhed, and of the vertue and efficacy thereof exceedingly delight your Soul?

A. When I conſider that this blood which was ſhed upon the Croſs, is pleading for me in Heaven, that by this blood God is reconciled, Sin explated, Death & the Devil conquered, it makes me to cry out, Never love like this! Never any like to this!

H. In this God manifeſted his love unto us, that he ſent his only begotten Son into the world to die, that we might live through him.

A. Herein God recommendeth his love to us, that while we were yet ſinners, Chriſt died for us, and this Love of God unto my Soul, it is ſweet, it is exceeding ſweet, beyond, beyond the ſweetneſs of the honey or the honey comb.

H. His Love is better than Wine! a bundle of Myrrh is my beloved unto me, he ſhall lie all night betwixt my breaſts.

A. As the Apple-tree among the Trees of the Wood,

Wood, ſo is my Beloved among the Sons: I ſat down under his ſhadow with great delight, and his fruit was ſweet unto my taſte; he brought me to the banqueting houſe, and his banner over me was love.

D. O ſtay me with Flaggons, comfort me with Apples, for I am ſick of Love!

A. Thou haſt raviſhed my heart, my Lord, my Saviour, thou haſt raviſhed my heart, while with an eye of Faith I have ſeen thy blood ſtreaming from thy heart to waſh me from my ſins.

D. VVith what admiring thonghts of the Love of God do theſe come away from the Supper of the Lord!

A. Oh the heighth, the depth, the length, the breadth of the love of God! we know it, we know it, and yet indeed it paſſeth knowledge.

H. By the Death and Refurrection of this crucified Lord, we have a lively hope of an incorruptible Crown, he was crowned with Thorns, that we might have a crown of Glory.

D. O Lord, how dull and dead am I, who have been there, where theſe have been, but have not found what they have found!

H. VVhy do you weep?

A. Do you weep for joy, or grief?

D. Who can but weep, when God doth frown? you may ſay, his loving kindneſs is better than life, and I can ſay, his frowns are worſe than death.

H. Did you not find Chriſt attempting to get into your heart, to come down from the Croſs into your heart?

D. He knocked indeed, but I was ſleeping.

H. Did you find no ſtirrings of affections when Chriſt's hand was upon the lock, and put his hand into the hole of the Door of your heart? D.

D. He put in his hand by the hole of the door, and my Bowels were moved for him.

H. Why did you not set open then the everlasting gates of your Soul, that this King of Glory might have entred in?

D. I rose up to open to him whom I desire to love, and my hands dropped with Myrrh, and my fingers with sweet smelling Myrrh, upon the handles of the Lock.

H. How was it then you missed of him?

D. At first I was not heedful to let him in, whereby I grieved him, when I made him stand without; Afterwards I rose to open to him whom I would love, but he had withdraw himself; woe is me, he was withdrawn; my soul failed when he spake; I sought him in every part of the duty afterwards, but I could not find him; I called after him, but he gave me no Answer.

A. O Lord, what am I! a vile and worthless sinner, that thou revealest thy heart and love to me when it is secret unto others.

H. I began to be dejected, when I saw how short I came of your joy and comfort; but when I see his doubts and fears, I bless the Lord who hath given me some hopes of his favour and his love.

D. How is it that you come away with such hopes of mercy to your Soul?

H. When I knew my sin and misery, and the mercy of God to poor sinners, through the merits of his Son; when I did read Gods invitations and commands, that I should come to Christ, and promise of pardon if I did; and in the Sacrament have seen God setting to his Seal. I willingly cast away my sins, and cast my self down at the foot of mercy;

mercy, resting upon the merits of Christ, I did and do hope that God will not cast away my Soul from him, nor exclude me from his Kingdom.

D Then you have not yet got assurance of the Love of God, nor a full perswasion of Gods mercy in the pardon of your sin, and salvation of your soul.

H No, because though I do not question the truth of Gods promises, nor his willingness to receive repenting Sinners, yet I am not without doubts and jealousies of the truth of my Faith, Repentance, &c

D And yet can you hope for Heaven?

H. Yes, because it is pleasing unto God, that we should trust him, when we are not sure of our interest in him, and to see sinners hoping in his mercy.

A. And yet do you hope your hope is true?

H Yes, because I find it puts me on to purifie my heart.

H And how is it that you come away with such assurance of the love of God and eternal life?

A. VVhen I had found the truth of my Faith in Christ, love to God, and hatred unto sin, and the promises that God hath made to such in Christ, I did, and do believe, that as surely as I did eat the bread and drink the wine; so surely hath God pardoned my sins, and will save my Soul.

D. And doth this alone give you this Evidence of your title to his Kingdom, and fill you with this joy?

A No, but moreover, I did find the Spirit of God bearing witness to, and with my spirit, that it was thus with me, and oh how sweet was Christ then to my Soul.

D. VVhen

D. VVhen did you find your heart thus raised in the apprehensions of Gods love to you?

A. VVhen I saw the Bread broken, and heard the Minister say, Thus was Christ's Body broken for you; and saw him pour out the VVine, and heard him say, Thus was the Blood of Christ shed for you; and when he did distribute both, and I did take and eat did take and drink, I did believe that God was really, though invisibly dealing forth his Son, and all his benefits to me, as well as unto others; and I was enabled to apply him particularly to my self, and take him as my own: Then. Oh then my heart was warmed with love and filled with joy

D. VVhen else?

A When the Congregation was singing forth the praises of the Lord, my Soul being satisfied as with marrow and fatness, my mouth, my heart, my All did praise him; and now my love, my faith, my joy, my sorrow for my sin, were stirring in my heart.

D And how do you know that this is true and spiritual joy, and not such which an Hypocrite might have at the Table of the Lord?

A Because I find it doth engage me to inward and to universal holiness, inflames my heart with love to God and Christ, increaseth my hatred to my sin, and makes me more watchful against it, and makes my soul to long after full and perfect enjoyment of God in glory

D. I am glad and do rejoyce in your mercy, while I must bewail my own unprofitableness, even at the Table of the Lord; I must go home and eat my bread with a sorrowful heart, and mingle my drink with tears, while you can go and eat your bread with a chearful spirit.

A. Nay,

A. Nay, but go and examine your Soul, what good and benefit you have received by this Ordinance, and give to God the glory of it.

D. Might one that hath not got assurance of the Love of God, nor been filled with joy, conclude he hath got good by the Lord's Supper?

H. Yes, or else I must go home and weep for this as well as you.

D. How doth that appear?

H. Because God doth work variously upon divers Persons, and variously upon the same Person at divers times. Somtimes he breaks the heart for sin, and reserves his comforts for another time: If you do not find your heart inflamed with love & filled with joy, yet if you do find your heart to rise more in hatred unto sin, and to be grieved for it, and more resolve and watch against it, you have received benefit by this Ordinance.

D. Then I must take heed of the stratagems of the Devil, that as he might not cause me to conclude, I have that which I have not; so neither to deny that I have not that which through mercy God hath given to me.

H. That will be your wisdom, because it will be your way to get more from God, by being thankful for a little: God will another time give you peace and comfort, if now you will give him thanks that you have wept for your sin, and been grieved for the same.

D. O Lord! my heart begins to warm; I think the Sacrament may work and affect my heart, after I am come away, though I was dull when I was there.

A. So it may, and so I have sometimes found it, though to day God hath wonderfully smiled upon such a vile unworthy sinner as I am.

H.

H. I would adviſe you to take heed, that you do not conclude, that you have no benefit at all, becauſe you have not ſo much as you expected & deſired, or ſo much as you ſee other Chriſtians to have; or that you have it not in that particular or kind that you looked for; or though you did not ſenſibly perceive it in the very act of receiving.

D. But what may be the cauſe that I found no more of God in the time of this Ordinance.

H. It may be you were too ſlight in your Preparations for this Duty; or if enlarged in them, you truſted too much to them, and leſs to Chriſt than you ſhould have done; or were not watchful in the time of the Ordinance, or do too much favour ſome peculiar ſin; and God withholds what you expected, that you might mend that with which he is offended.

D. This will be mercy, if I miſſed of comfort, that I may have leſs of ſin; and ſhall deſire of the Lord, that I may find ſome good by the Ordinance, and your Diſcourſe, now I do go in.

A. Stay, one word more, and that is, that we all remember the Obligations that doth lie upon us, to walk ſuitably to the Privileges we are made partakers of by the death of Chriſt.

H. That is well remembred, for we are apt to forget to make returns to God, when we have received great things from him.

D. That will do well, for then, it may be I might feel more the efficacy of this Ordinance, than yet I have done.

A. Yes you may, and therefore let us all conſider, and bear it upon our hearts, where we have been this day, and how we have renewed our Covenant with God, and that his vows are upon us, and

and his eyes to obſerve how we ſhall walk, & live after we have had, or do hope for peace and joy in him; and that we watch each other, that where any of us fail, the other will reprove in love, and reſtore him with a Spirit of meekneſs.

H. All this will be needful.

A. The Lord enable us by his Grace to diſcharge what God commands, that we may expect what he doth promiſe in his Word, and hath ſealed to us in this Sacrament.

Sarah Vnderwood

FINIS.

Sarah Underwood

THE

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